



Fort Sam Houston

News Leader[®]



Vol. 35, No. 19

Fort Sam Houston — Home of Army Medicine

May 9, 2002

Briefs

Retirement Ceremony, May 10

Maj. Gen. Patrick D. Sculley, chief of staff U.S. Army Medical Command and Deputy Surgeon General will retire during a ceremony at MacArthur Parade Field, 7:45 a.m., May 10.

AMEDD Museum to accept Capt. Ben Salomon's Medal of Honor

Maj. Gen. Patrick D. Sculley will present the Medal of Honor recently awarded posthumously by President George Bush to Capt. Ben Salomon, a World War II dental officer, to the Army Medical Department Museum at approximately 9 a.m. following his retirement ceremony at MacArthur Field at 7:45 a.m. Salomon was awarded the nation's highest military honor for his heroic actions to save patients' lives as Japanese troops overran his hospital facility. Maj. Gen. (ret) Floyd Baker, chairman of the museum board, will accept the medal on behalf of the museum foundation.

Food Drive, May 11

The U.S. Postal Service will be collecting non-perishable food items to help families in need in the community. Place your donations near your mailbox or porch prior to 9:30 a.m. May 11.

Items may also be dropped off in front of the FSH Branch Post office, 368 Stanley Road between 10 a.m. and 1 p.m.

Flag Pole Maintenance, May 22

Due to routine maintenance of the flagpole, the main post flag will not be flown between 6:05 a.m. and 1 p.m. on May 22. Reveille and Retreat will still be sounded and the flag will be raised and lowered accordingly.

Celebrating Asian Pacific Islander Heritage Month



Anita Martinez, senior dance student from the Arathi School of Indian Dance performs a classic dance of South India called Bharatanatyam. Martinez has been a dance student since the age of seven and the dance she performed requires six to seven years of training.

Photo by Edward Rivera

By Edward Rivera
Fort Sam Houston Public Affairs

In celebration of Asian Pacific



Islander Heritage Month, Fort Sam Houston held a luncheon May 1 at the NCO Club.

The luncheon, hosted by Maj. Gen. Kevin C. Kiley, commander, Army Medical Department Center and School and Fort Sam Houston, provided attendees with a brief look at Asian and Pacific Islander contributions to our nation.

After the posting of the colors, nine-year old Jeremie Staves, son of Maj. Michael Staves, of the Fifth U.S. Army Mobilization Division, sang the national anthem, and was presented a commanders coin by Kiley for his excellent rendition.

After the National Anthem, Antionette Moorehouse, read the proclamation designating May Asian Pacific Islander Heritage Month. During the lunch, attendees were also treated with a look at traditional Japanese and Indian dances.

"Today around the world in our Army, an Army of one, we have great contributions, great sacrifices and great heroism by Asian Pacific (Islander) soldiers and their family members," said Kiley. "They contribute to freedoms we have enjoyed and continue to enjoy which will help us successfully prosecute this war on terrorism, to make this world a better place to live in."

The keynote speaker was Brig. Gen. Coral W. Pietsch, Chief Judge, U.S. Army Court of Appeals and Commander Judicial and Defense Services Unit. She

See *Celebration* Page 4

TRADOC responds to NCO study

By Jim Caldwell
Army News Service

The Training and Doctrine Command is working to update and publish soldiers' manuals, mission training plans and other training resources, according to a TRADOC official.

The lack of such training packages was cited in the NCO Army Training and Leader Development Panel study released

May 2 as one of the reasons NCOs find it difficult to train their soldiers to standard.

"In this study, as well as the officers' study, we found that some of our training enablers aren't as good as they should be," said Col. Dennis Redmond, director of individual training under TRADOC's deputy chief of staff for Operations and Training. Redmond is responsible for implementing coordinated TRADOC initiatives in response to all of ATLDP

studies.

"We haven't been able to, one, focus on them as we have been a very busy Army and, two, there has not been a lot of money to spread around to every facet of training and training support," Redmond said. "The chief of staff of the Army (Gen. Eric K. Shinseki) is committed to help fix these problems. That's why he has embarked on the very comprehensive

See *Study* Page 3

Recruiting initiative boosts enlistment numbers

By Staff Sgt. Marcia Triggs
Army News Service

A recruiting initiative that sends Advanced Individual Training graduates back home to tell the Army's story continues to boost enlistment numbers.

"The Hometown Recruiter Assistance Program remains effective because new recruits can give their peers an up-to-date perspective on what Army life is like," said Sgt. 1st Class Jason Schenkel, a

recruiting station commander in Holland, Mich.

More than 30,000 soldiers participated in the program in fiscal year 2001, and the Army credits 1,687 enlistments to HRAP, said Army Recruiting officials. This fiscal year, more than 14,000 soldiers have participated in HRAP, and 571 enlistments have been made so far, officials said.

Schenkel credits two enlistment contracts this fiscal year to HRAP at his

station, but he said there's no way to quantify the rapport the 22-year-old program helps build among the recruiters and the community.

"When the community — schools, churches, neighbors — see that the young soldier is happy with the decision to become a soldier, the community starts to trust us more," Schenkel said. "They start to associate the Army with the soldier's success."

See *Numbers* Page 3

U.S. Forces demolish weapons cache in Afghanistan

By Sgt. 1st Class Kathleen T. Rhem
American Forces Press Service

U.S., coalition and friendly Afghan forces found and confiscated a cache of weapons in eastern Afghanistan over the weekend,

DoD officials said.

DoD officials have said fewer than 100 U.S. troops are operating with British forces as part of Operation Snipe, an ongoing mission to root out suspected Taliban and al Qaeda holdouts believed to be hiding in areas along the Pakistani border.

Marine Lt. Col. Dave Lapan, a DoD spokesman, said the confiscated weapons included rockets, mortars and machine gun ammunition.

Early this morning, three rockets

See *Weapons* Page 3

Dear General Kiley and Ft. Sam Houston family,

It is very difficult for me to put into words what the Officers, NCO's, the soldiers and civilians of Ft. Sam mean to our family... We are deeply grateful for the magnificent "final salute to our patriot" they rendered to my dear Van. It was an incredible honor that you bestowed on him, and we thank you all from our hearts.

The concern and friendship we found with our army and civilian friends...your kindness and compassion for the Van Autreves ...will be remembered with love, for the rest of our lives.

You gave Van strength and hope during his illness, with your many prayers. You supported and encouraged him, and us, till the end. We are filled with so much love for each and every one who held him in their hearts. Van fought in many battles during his military career, and you were here for him during the toughest one of his life. How can we ever thank you enough?

Van loved this Army, his flag and his country, and had the ability to express this love with intense passion and strength, whenever he spoke to soldiers and to friends of the military. He may be gone from our midst, but his legacy will live on forever in our army...and in each person he touched. We are blessed...in spite of our grievous pain...to have you as part of our extended family and feel so honored and proud to have you in our lives.

Gen. Kiley, from the first time we met you, you have been a friend to us. We appreciate every kindness you showed Van and me...and our family. Thank you sincerely for your gracious support.

Please pass on our grateful appreciation to our Ft. Sam military and civilian family, and to our dedicated medical family at Brooke Army Medical Center. All gave so much of themselves and shared personal time and energy with us willingly and lovingly. We will never forget their kindness and support, and the many folks who worked behind the scene to physically help us through the days and nights...who gave of themselves to ease our burden. I cannot begin to thank them personally, there were so many...I only know they all were here for me and my family... and continue to be.

Thank you for helping the Van Autreves during this very difficult time. God bless you all and keep you safe.



From the heart,
Rita Van Autreve and family

Fort Sam Houston News Leader

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of the *News Leader* are not necessarily the official views of, or endorsed by, the U.S. government or Department of the Army. It is published weekly by the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office, 1212 Stanley Rd., Suite 4, Fort Sam Houston, Texas 78234-5004, telephone (210) 221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The editorial content of this publication is the responsibility of the director of public affairs. The *News Leader* is published by Prime Time, Inc., The Herald Newspaper Group, 17400 Judson Road, San Antonio, Texas 78247, telephone (210) 453-3300, a private firm in no way connected with the U.S. government, under exclusive written contract with the Army Medical Department Center and School and Fort Sam Houston public affairs office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army or Prime Time, Inc., The Herald Newspaper Group of the product or services advertised. Stories and photos for publication consideration may be e-mailed to news.leader@amedd.army.mil or turned in on a floppy disc accompanied by hard copy, no later than noon Monday.

Army Medical Department
Center and School and
Fort Sam Houston Commander
Maj. Gen. Kevin C. Kiley

Garrison Commander
Col. Douglas Biggerstaff

Public Affairs Officer
Phillip Reidinger
Editor
Yolanda Hagberg
Staff Writer
Edward Rivera
Layout Artist
Erin Barney

HRAP participants return home to help recruiters

From **Numbers** Page 1

Selected soldiers can return home for up to 14 days, at no cost to the government, to assist recruiters. The recruits bring friends and relatives to the station to learn about Army opportunities, or they escort recruiters to their former school for presentations.

Learning a skill that can be used in the civilian workforce is one of the most important benefits the Army offers, said Pvt. 2 Benjamin Martinez, an HRAP participant. Which is why Martinez said he pitches that the hardest when discussing Army benefits.

"When I talk to my friends, I tell them about the skills the Army gives you, the college benefits and the discipline and focus the Army helps you gain," Martinez said.

The 20-year-old recruit graduated from AIT at Fort Eustis, Va., as an OH-58 Kiowa Warrior repairer. He's participating in HRAP to help the recruiters that assisted him in paving the path for his future, he said.

Martinez enlisted in the Army in the GED Plus program, an initiative that requires non-high-school graduates to complete an attendance-based General Educational Development program, while serving in the Army's Delayed Entry Program.

Applicants who want to participate in the GED Plus program must score in the top half of the nation on the Armed Forces Qualification Tests, which measures the applicants' academic skills. They must also score in the top 75 percent on the Assessment of Individual Motivation test, which measures dependability, adjustment, dominance, achievement orientation and agreeableness.

AIM is used as an attrition tool, officials said. The test shows promise for improving the Army's capability to select applicants who are more likely to complete their obligated term of enlistment, officials said.

"The Army has a lot of programs to help young people get started in life," Schenkel said. "There are some people

who would give up on a person without a degree or a GED, but the Army is here to give them an opportunity.

"HRAP gives us a chance to let a living example talk for us because my early experiences in the Army happened 10 years ago," Schenkel said.

After being back home a week, Martinez has already given recruiters seven possible leads. Unlike some of his friends who are unsure about the Army right now, Martinez said he knew he wanted to join the Army, and he knew what he wanted to do.

"I just walked into the station, and when I saw that I could work in aviation, I just did what I had to do to become eligible and join," Martinez said. "I'm happy with my decision. I've learned a lot of discipline and focus, and that's what I tell my friends when I see them just hanging out on the streets."

Martinez's first duty station will be at Fort Carson, Colo., and he said he's looking forward to learning how to be a leader.

Just three years ago the Army fell about 6,300 soldiers short of its goal of 74,500, and the Army Reserve was 10,300 below its goal of 52,084, Army Chief of Staff Gen. Eric K. Shinseki said to members of the House Committee on Armed Services. Reporting to the House on the Army's readiness, Shinseki said new recruiting initiatives sparked a year-end upturn in the number of enlistments.

In fiscal year 2001 the Army met its goal of 75,800 recruits almost a month early. This fiscal year the active Army's mission is 79,500 of which 43,265 has been achieved, and the Army Reserve's mission is 28,825, and 19,325 has been achieved, according to USAREC officials.

"The Army is aggressively restructuring its entire recruiting operation," Shinseki said. "We will continue to emphasize creative solutions to the challenge of attracting sufficient numbers of young Americans to military service."

Training improves

From **Study** Page 1

introspective look at our Army to identify what we need to focus on to enable our non-commissioned officers to do their job."

Redmond said that in some courses trainers have had to use "in-lieu-of equipment" for hands-on training.

"Sometimes that in-lieu-of equipment is not current, so we might be training on a piece of equipment that's not what's out there on the ground," he said.

Redmond said TRADOC is also working to update NCO Education System professional military education courses to produce adaptable NCO leaders and to ensure sergeants get the right training when they need it.

"We took an exhaustive look at common core curriculums for NCOES and found that some of these tasks continue to migrate downward," he said. "There are a lot of tasks that are being taught at, say, sergeant first class level in Advanced NCO Courses that should be rolled down to the staff sergeant in the Basic Noncommissioned Officer Course.

"We've started to work on a vertical needs assessment to determine exactly what tasks belong to and need to be taught in each noncommissioned officer rank and educational level."

The final course in NCOES is the Sergeants Major Course.

"We recognize that there's a gap between advanced non-commissioned office course and the Sergeants Major Course where there are no formal courses," Redmond said. There are two functional courses — First Sergeants Course and Battle Staff NCO Course," the colonel said. "Not everybody is happy about filling that gap with another educational course, but if an NCO is promoted to sergeant first class at the 12th year of his career, that's an average of eight years between that grade and being sent to the sergeant major course. That's a big gap; we've got to look at how best to provide education within that void."

Technology will make instruction more exciting for soldiers, and it will replace lectures and slides.

"In the civilian world, schools that use innovation through technology find that students retain and increase their knowledge base rapidly," Redmond said. "We've got to leverage advanced distributed learning as it can provide great access and opportunity for both the active and reserve components. Increased use of simulations and simulators in curriculums will provide more exciting instruction (compared to lecture and slide method). "We've already moved out on it, but it's going to get even better."

Medical communications for combat casualty care

By **Capt. Leonard Cromer, Jr.**
Special to the News Leader

The 4th Infantry Division DISCOM Medical Communications for Combat Casualty Care (MC4) training staff recently conducted training for personnel participating in the NTC Rotation 02-08 for use of the Theater Medical Information Program - Army (TMIP-A) 1.1.3.0, which includes the Defense Medical Logistics Standard Support - Assembly Management (DMLSS-AM) software.

TMIP-A is an integrated medical information system that uses database technology and graphical user interfaces to deliver IT services to deployed military medical personnel. DMLSS-AM provides automated support for the management of equipment, supplies, and services (informal stock record accounting) within the military health system. During NTC 02-08 medics within the division will use the DMLSS-AM to request re-supply of the medical materiel.

The MC4 system is a capstone program that provides support to the deployable Army medical force structure through the acquisition of existing and

emerging digital communications equipment and information management/technology capabilities. MC4 will integrate Medical Information Systems into the Army Command and Control and Combat Service Support (Global Combat Support System - Army) structures, which are evolving to support Army digitization and transformation initiatives.

Following a unit set fielding plan, the Product Manager MC4 continues to deploy suites of medical IT products to Fort Hood. The 4th ID was the first unit at Fort Hood to receive the devices. The 1st Medical Brigade, 13th COSCOM will receive limited devices this summer followed by the 1st Cavalry Division in summer FY 03. The 4th ID currently has the Type I: Hand held computer set, Type II: Notebook (Workstation) plus deployable Hardigg transit case and the Type IIIa: Notebook (Workstation with LaserJet Printer) plus deployable Hardigg; transit cases.

Medics from the E Company, 204th Forward Support Battalion and the 546th Area Support Medical Company will resupply medics in the division footprint that will be participating in the



Courtesy photo

upcoming NTC rotation.

This is not the first time that units from the 2nd Brigade Combat Team (BCT) of the 4th ID have used the MC4 system at the NTC. Under the guidance of Cpt. L. A. Cromer, Jr., of the Division Support Operations Office, medics of the 2nd BCT tested and evaluated the system during the Division Capstone Exercise (DCX). During this Limited User Test (LUT) the medics put the system to a test under other than perfect conditions. The systems transportability, supportability, usability, and security features were evaluated during the DCX. Leaders at all levels of the Army were briefed on the LUT, which will help to write doctrine for this newly fielded medical system in the digitized division.

A Fort Hood soldier demonstrates the Limited User Test which will help write doctrine for newly fielded medical systems in the digitized division.

Units from Fort Hood will continue to test this system throughout the summer. The 1st Medical Brigade and the 4th ID will participate in Beta Unit Alpha Test once the MC4 Test and Evaluation Master Plan is approved. Capt. Wilson Ariza of the 1st Medical Brigade will spearhead the Beta Unit Alpha Testing. The testing event is scheduled to begin in mid May.

U.S. troops, British forces take part in Operation Snipe

From **Weapons** Page 1

were fired near U.S. and coalition forces operating in the vicinity of Khost, also in eastern Afghanistan. The incident occurred at about 2 a.m. Afghan time, or 5:30 p.m. EDT May 5.

Lapan said U.S. officials don't know who fired the rockets or where they came from, but they are looking into the incident. No injuries or damage were reported, he said.

Be aware of FSH stray animal policy

In accordance with Fort Sam Houston Regulation 40-3, stray animals are not allowed to run loose on post. Animals impounded by the military police are taken directly to San Antonio Animal Control, located at 210 Tuleta Street near Brackenridge Park and the San Antonio Zoo.

Animals with identification tags or microchips will be held for ten days and the Fort Sam Houston Veterinary Clinic will be notified of animals owned by personnel living on post. Pet owners will be responsible for boarding fees of \$7 per day, rabies vaccinations of \$10 and euthanasia and disposal fee of \$30 per animal.

If your pet is involved in a biting incident and has current rabies vaccinations, you can apply to the post Veterinary Clinic for home quarantine. Make sure your pets are registered on Fort Sam Houston, have their rabies vaccinations and are wearing their tags at all times.

To find a lost animal, you may contact San Antonio Animal Control at 207-6660. Animals not claimed within three working days will be disposed of through adoption or euthanasia.

Diversity makes America strong



Photo by Edward Rivera

During the Asian Pacific Islander Heritage Month luncheon May 1 at the NCO Club, Eighth grader Karen Bergstrom was presented a certificate by Maj. Gen. Kevin C. Kiley, commander, Army Medical Department Center and School and Fort Sam Houston and Brig. Gen. Coral W. Pietsch, Chief Judge, U.S. Army Court of Appeals and Commander Judicial and Defense Services Unit. Bergstrom and Seventh grader Sharmae Strickland wrote Essays that won in their grades.

Jeremie Staves, age nine, son of Maj. Michael Staves, Fifth Army Mobilization Division, performs the National Anthem during the Asian Pacific Islander Heritage luncheon. In recognition of his performance, Maj. Gen. Kevin C. Kiley, commander AMEDDC&S and Fort Sam Houston presented him with a commanders' coin.



Photo by Margaret Broadbent



Photo by Edward Rivera

From *Celebration* Page 1

was born in Iowa and lived above Chinese restaurant owned by her father, a Chinese immigrant who moved to Iowa from California and her mother who came from a family of farmers of Bohemian descent.

Pietsch told a few humorous anecdotes, which showed the differences in the cultures she was raised in. Due to the era she grew up in she was unable to learn either of the languages of her descent. "I didn't learn Chinese and I didn't learn Bohemian. It just wasn't the thing to do when I was growing up," said Pietsch. "We were in the throws of the cold war, we were all learning to dive under our desks in case the nuclear holocaust came. The last thing we wanted to do was to bring any suspicion on us for being different."

Not being able to immerse herself in her family's cultures were not the only issues Pietsch faced when she was young. "When I was growing up I had a real issue about looking different. I didn't like it," she said. I didn't understand why I couldn't have blonde hair, blue eyes and white skin."

Her physical difference caused her one-day to cut her hair on her own. Her understanding father told her a story, which explained to her that

although she was different she was also beautiful. "Many years later, after I graduated College and joined the Army, I went to Korea, I was amazed that everyone there had black hair. It took me going to Korea to realize that we are not that different at all."

Pietsch, the first Asian American woman promoted to brigadier general and the first woman general in the 226-year history of the Army Judge Advocate General's Corps talked about the diversity of the Army within its overall uniformity.

"We come from the seas, we come from the mountains, we come from small towns we come from big cities, we come from the north and we come from the south...no matter where we come from we are the society of America," said Pietsch.

She ended her presentation with a slide show and poem, "My America" which reflected on what America meant to her. She wrote the poem after September 11 as a reminder of the great nation she lived in and not to take for granted the freedom we all have within.

After her speech she and Kiley presented awards to students of Fort Sam Houston's Independent School District who participated in art and essay contests commemorating Asian Pacific Islander Heritage Month.

Fort Sam Houston's Independent School District third grader Caroline Hildert receives a certificate from Maj. Gen. Kevin C. Kiley, commander, Army Medical Department Center and School and Fort Sam Houston for winning first place in a poster contest for her grade. Other poster and essay contest winners received awards at the Asian Pacific Islander Heritage Month luncheon May 1 at the NCO Club. Keynote speaker Brig. Gen. Coral W. Pietsch, right, Chief Judge, U.S. Army Court of Appeals and Commander Judicial and Defense Services Unit helped hand out the awards to the children. Poster contest winners were; Kindergarten, Ruby Haswell, first grade, Chriss Hilbert, second grade, Germaine Herrera, fourth grade, Rachel Austin, fifth grade, Ashlyn Krisinger and sixth grade Benny Guerrero.

Announcing a satellite broadcast on long-term care insurance

The Office of Personnel Management will sponsor a satellite broadcast on long-term care insurance on May 15 from 11:30 a.m. to 12:30 p.m. in Blesse Auditorium.

An overview of long-term care insurance will be presented and tips will be offered for making an informed decision about what is right for each individual. Topics discussed will also include: who should purchase long-term insurance and who should not; what an individual should look for in a long-term care insurance policy; how to decide how much insurance to buy; and how the Federal Long Term Care Insurance Program

fits into the picture.

This broadcast will provide a better understanding about long-term care insurance.

While some information about the Federal Long Term Care Insurance Program will be provided, that will not be the primary focus of the program. This broadcast will prepare an individual to make wise choices about the Federal Long Term Care Insurance Program during open season, which begins July 1.

For additional information concerning the broadcast, contact Jerry Hines at the Civilian Personnel Advisory Center, 221-0608.

Be aware of watering restrictions on Fort Sam Houston

As the heat and dry weather of summer approach, the level of the aquifer drops daily.

Currently, Fort Sam Houston is on the following year around watering restrictions:

- No irrigation between the hours of 10 a.m. and 8 p.m. However, you may water during these hours if it is by means of a bucket, hand-held hose with a spray head, soaker hose, or a properly installed drip irrigation system.

- No wasting water. This refers to water running off into a

gutter, the street or a drain.

- No car wash fundraisers.

For reuse water, with the exception of the car wash fundraisers, the first two restrictions also apply. That is, no irrigation using reuse water between 10 a.m. and 8 p.m. Also, do not waste reuse water. Water is precious to this area no matter if it is from the aquifer or reuse.

Additional restrictions will be implemented when the aquifer level triggers a different level of

water conservation. These restrictions will mimic the city of San Antonio's restrictions and will be posted in the News Leader.

For more information:

If you have any questions, please call Jackie Schlatter at 221-5093.



440th Blood Support Detachment soldiers deploy in support of Operation Enduring Freedom

By 1st Lt. Pablo Rivera
Special to the News
Leader

Soldiers from Fort Sam Houston continue their mission in support of Operation Enduring Freedom. The soldiers' mission notification began during the past holidays, but the actual deployment took place on Feb. 4. "The soldiers are high speed (91Ks) laboratory technicians in the war. They are doing a superb job," said Lt. Col. Herman Peterson, Joint Blood Program Officer for the entire region.

The following are brief accounts by the soldiers who are currently deployed to the region and who wrote back to summarize their adventures and missions in support of their country.

Rapid departure, Feb. 4

It all began at 4:30 a.m. at the 147th Medical Logistics Battalion's Arms Room. We watched Staff Sgt. Joretha Carodine, Sgts. Judith Boutte, and Richard Krueger, 91Ks from the 440th Blood Support Detachment, draw weapons in preparation for their departure to Uzbekistan that morning. The remaining eight who were to deploy to Bahrain would have to wait a few more days, or so we thought.

Sgt. 1st Class Shelia Metcalf, 440th Blood Support Detachment sergeant received a call at 11 a.m. She briefed us to return with rucksacks and duffel bags by 1 p.m. Staff Sgts. Valerie Atwood and William White, Sgts. Anthony Ketch and Martha Diaz, Spcs. Todd Rowe, Alyssa Andre, and Angela Landon and Pfc. Angela Buchanan (all Professional Filler System (PROFIS) soldiers of the 440th Blood Support Detachment from BAMC, Fort Leonard Wood and 424 Blood Supply Unit) were rapidly

deploying the same day.

The command and soldiers from the 147th Medical Logistics Battalion, 440th Blood Support Detachment, Brooke Army Medical Center and the 424 Blood Supply Unit met us at the airport to wish us a safe and successful deployment. After saying goodbye to family and friends we left with the confidence of knowing we could perform any mission with this type of support.

First meetings, Feb. 6

When we landed in Bahrain International Airport in Manama, Bahrain, the members of the Blood Operation unit headed by Lt. Col. Herman Peterson met us.

The first order of business was to call our families and let them know we had arrived in Bahrain safe and sound. We grabbed our bags and headed off. Even though it was the middle of the night and we had been on an airplane for the past 24 hours, there was a look of excitement in everyone's eyes. We had finally made it to the Middle East. Here was the true test of our lab and soldiering skills. For most of us, this would be our first time working in a joint operation with the Air Force and the Navy.

First day at work, Feb. 7

The first day at work at the Blood Operation Center (BOC) was filled with briefings on the blood mission for Operation Enduring Freedom. We participated in sending out our first of many shipments. In

the days to come we would spend more time learning how to fill out shipping forms, how to gather flight information, and how to receive shipments of blood. The BOC, which is the main hub for the blood mission in the area of operation, is located on the base with the Naval Support Agency (NSA). It is the primary naval hub in the Persian Gulf where many ships dock for re-supply and liberty. Also located on the base is the Naval Central Command (NAVCENT.) The BOC name was coined because of the unique arrangement of the Air Force's Blood Transshipment Center being co-located with the Army's Blood Supply Unit.

Promotion, Feb. 10

After being promoted on paper as of February 5, Buchanan was finally given an official promotion ceremony promoting her to specialist. Capt. John Bukovitz and I were given the honor of pinning on her rank, while Atwood read the orders. Peterson arranged to hold the ceremony in the conference room of the Vice Admiral of NAVCENT.

Farewells, Feb. 13

On Wednesday we said our goodbyes to White, Andre, Rowe, and Ketch. They headed off to Seeb, Oman to set up their own mini Blood Support Unit in an effort to supply more customers in the area of operation (AOR). We packed the paperwork they would need and as much equipment as we could spare. Their equipment and personal

luggage filled up the bottom of an Air Force pallet and was approximately three feet tall. Tent City, here they come!

March to April

Each day has provided a unique learning experience that only first-hand knowledge could have given us. We have learned how to ship blood through a myriad of sources, to include Army and Navy C12 aircrafts, naval ships and helicopters, and Air Force C130s and C17 aircraft. All of our learning was put to its first big test when Operation Anaconda kicked off.

"The main thing we have learned since our arrival here in Bahrain is how important blood is...we feel good knowing we have been a key player in saving lives."

Staff Sgt. Valerie Atwood

We, Team Bahrain, along with Team Seeb and Team K2 (Maj. David Reiber, Staff Sgt. Joretha Carodine, Sgts. Judy Boutte and Richard Krueger) successfully supported this operation by supplying our customers with blood for the wounded.

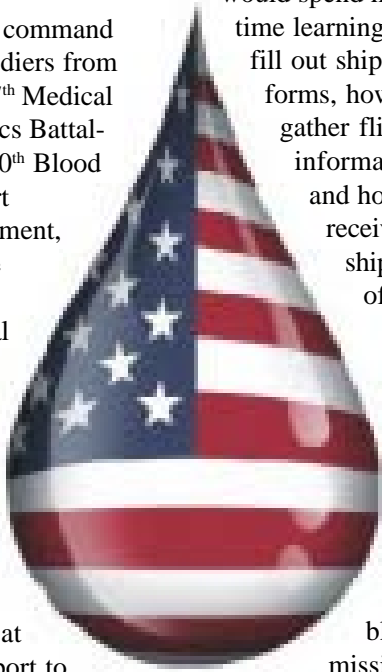
As the war against terrorism continues, our blood mission

increases. As a result, Team Bahrain, Team Seeb and Team K2 are all working collectively to provide this operation with the most precious Class VIII logistical item in the AOR, blood!

"The main thing we have learned since our arrival here in Bahrain is how important blood is...we feel good knowing we

have been a key player in saving lives," said Atwood.

The 440th Blood Support Detachment, Fort Sam Houston continues to support its soldiers a patiently awaits the safe return of fellow soldiers.



U.S. Army Promotions

May 2002



To Colonel:

John Foley
Laura Kostner

To Lieutenant Colonel:

Jamie Grimes
Paul Guerrette
Ronald King
Jennifer Menetrez
Pedro Ramon Hernandez
James Rice
Mark Torres

To Major:

Michelle Bell
Benjamin Cable
Regina Davey
Jonathan Graff

Gregory Hudson
Bernard Kopchinski
Christopher Mahnke
Dan Mosley
Clinton Murray
Angela Mysliwicz
Vincent Mysliwicz
Samual Sauer
Michael Sebesta
John Yelton

To 1st Lieutenant:

Patrick Golden
Carly Skarphol

To Sergeant Major:

Peter Junjulas

To Sergeant 1st Class:

Dante Alanis

Emmett Andrews
Herbert Belter
Jimmy Bowie
Billy Brokob
Curtis Camp
Charles Colbert
Greg Courtright
John Havens
Wendell Huddleston
David Jordan
Mary Kline
Edward Middleton
Damon Mitchell
William Morgan
Trina StAnn
William Toles
Jeffrey Zak

To Staff Sergeant:

Jeremy Chapman
Eric Davis
Edward Harrison
Troy Hill
Gary Hilliard
Kartasha Hunter
Damen Johnson

Charles Kelly
Kimberly Krout
James Mauer
Norma Mejia
Murray Outlaw
Michael Owens
Gary Ponder
Landraval Reliford
Charles Turner
Joe Urdialez
Dawn Vance
Sammy Woodburn
Jamey Young

To Sergeant:

David Barraga
Marcus Bendy
Christopher Dallam
Leticia Lucio
Christopher Malucelli
Keneidra Mays
Jason McCoy
Richard Parsons
Jonathon Pope
Kimberly Vaughan

Armed Forces recognized with National Defense Medal

The Department of Defense announced today that service-members on active duty on or after September 11, 2001, are eligible to receive the National Defense Service Medal. “The sacrifices and contributions made by the Armed Forces in direct response to the terrorism attacks on the United States and to the long-term resolution of terrorism merit special recognition,” said Deputy Secretary of Defense Paul Wolfowitz.

The National Defense Service Medal may also be awarded to members of the Reserve components who are ordered to federal active duty, regardless of duration, except for certain categories. While no closing date has been established, eligible servicemembers can receive the award immediately.

The National Defense Service Medal was first established by President Eisenhower in 1953, and was subsequently awarded for honorable active service for any period between June 27, 1950 and July 27, 1954, between January 1, 1961 and August 14, 1974, and between August 2, 1990 and November 30, 1995.

Description: On a bronze medal, 1 ¼ inches in diameter, an eagle displayed with inverted wings standing on a sword and palm branch, all beneath the inscription “NATIONAL DEFENSE”. On the reverse is a shield taken from the Coat of Arms of the United States with an open wreath below it, the right side of oak leaves and the left side of laurel leaves.

Ribbon: The ribbon is 1 3/8 inches wide and consists of the following stripes: 7/16 inch Scarlet 67111; 1/32 inch White 67101; 1/32 inch Old Glory Blue 67178; 1/32 inch White; 1/32 inch Scarlet; center ¼ inch Golden Yellow 67104; 1/32 inch Scarlet; 1/32 inch White; 1/32 inch Old Glory Blue; 1/32 inch White; and 7/16 inch Scarlet.



Commissary, PX Advisory Council meeting

The Installation Commissary and Post Exchange Advisory Council meeting will be held May 16 at 9 a.m., in the Break Room, Commissary, Building 360. For more information, contact Thomas Lara at 221-5891 or Barbara King at 221-5115.

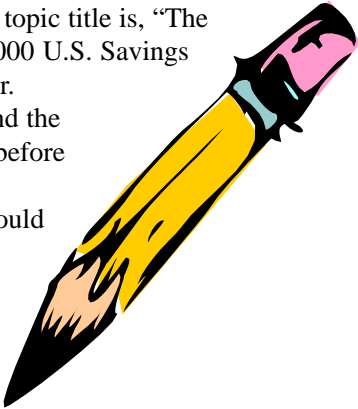
Kraft Foods sponsors youth essay contest

Kraft Food is sponsoring a youth essay contest. The essay contest topic title is, “The Person I Admire.” Entries should not to exceed 1,000 words. A \$1,000 U.S. Savings Bond will be awarded to a military family youth 18 years or younger.

Contestants should include their name, age, telephone number, and the military installation. Confirmation of eligibility will be determined before prize is awarded.

The essays should be post-marked before August 15, 2002 and should be mailed to:

San Antonio Missions Baseball Club
Oscar Mayer Youth Essay Contest
5757 Highway 90 W
San Antonio TX 78277



Army Continuing Education System College Fair, May 21

The Fort Sam Houston Army Continuing Education System is sponsoring a College Fair on May 21 at the Brooke Army Medical Center Medical Mall from 9 a.m. to 2 p.m. Representatives from local colleges and universities will be available. For information call ACES at 221-1738.



DFAS expands Web-based financial services for DoD personnel

By **Gerry J. Gilmore**
American Forces Press Service

DoD civilian employees can access even more financial information services through an improved Defense Finance and Accounting Service Internet site.

Upgrades made in December 2001 to the agency's computerized Employee/Member Self-Service system now allow DoD civilians to make online changes to their state tax withholding; to start, change and stop U.S. Savings Bond purchases; and to view and print 2001 W-2 forms, according to Jim Pitt, deputy director of DFAS electronic commerce, military and civilian pay services.

"We want to empower our military and civilian employees to have greater control over their payroll records," Pitt explained, adding that DFAS officials anticipate that military members will have online access to their W-2s next year.

Using the self-service Web site, Pitt noted, is a more efficient way of doing business that's more accurate, saves paper and time, and reduces



redundancy. Instead of having administrative specialists re-input employee-provided information, employees can use the system to enter their data themselves, he said.

Another new DFAS self-service Web link, Travel Advice of Payment, allows military and civilian personnel to view and print their paid travel vouchers online, Pitt noted. At first, only payments made after October 2, 2001, by the agency's Cleveland, Indianapolis and Columbus, Ohio, centers will be available. Other payment locations will be made available soon.

Military members and civilians can also use the Web site, <http://www.dfas.mil/emss>, to stop the mailing of their Leave and Earnings Statements, Pitt said. Customers now, he noted, can simply print the statements that have been posted online.

Pitt said the DFAS Web site offered a

variety of services to military and civilian personnel even before the December upgrades. They've been able to access, view and print their electronic Leave and Earnings Statements; change federal tax withholding; and change direct deposit information.

Civilians can also use the Web site to file address changes and start, stop, or change allotments, he added. DFAS serves roughly 5.5 million active duty and reserve military retired military, annuitants (such as widows) and DoD civilians, Pitt remarked.

The improved Web site, he noted, greatly enhances service for those customers. "It is a user-friendly site and offers things that people have been asking for. We've had a lot of positive feedback from our customers," he concluded.

To access the Employee/Member Self-Service system, customers need a custom personal identification number that can be obtained by calling the system Customer Support Unit at 1-800-390-2348.

Thank you, mom

By **Representative Henry Bonilla**
23rd Congressional District
Abraham Lincoln once wrote, "All that I am or ever hope to be, I owe to my angel mother." I couldn't agree more.

This Sunday, families across America will celebrate Mother's Day. Children will wake at the crack of dawn to make mom breakfast in bed. Kids of all ages will pull out the construction paper and crayons and make mom a homemade greeting card. And sons and daughters everywhere will write a note, place a phone call or stop by the house to say "thank you, mom."

However you celebrate, Mother's Day is our opportunity to thank mom for all the lessons, devotion, guidance and love she has shown us over the years. It's a day to celebrate motherhood and to remember our mothers.

Contrary to popular belief, Mother's Day was not conceived in the boardroom of Hallmark. The first tributes date back to the offerings ancient Romans made to their Great Mother of Gods. Hundreds of years later, Mother's Day has become a day to celebrate all mothers. It's the most popular day of the year to dine out, and telephone lines record their highest traffic as children everywhere take advantage of this day to honor their mothers.

Mom deserves every ounce of appreciation this day gives her. She has always been there to pick us up when we stumble and fall. She reminds us that it's okay to try new things and to never be afraid of the unknown. Mom was there to help us with our homework and make sure we got to little league practice on time. And through all our daily activities, she was always gently reminding us of the lessons of life: play nice, make friends, try hard and be good. These are lessons that we will carry with us always.

America's mothers hold a special place in our hearts. Many of the best lessons don't come from seminars or sermons. They come from mom. And she sure has taught us a lot over the years. Today's mothers are CEOs and teachers, physicians and nurses, elected officials and PTA presidents. They're police officers and volunteers, homemakers and heads of households. Through their actions, they've given us confidence and faith. They've showed us that there's a world of opportunity out there. And they've taught us that anything is possible if we put our mind to it - even becoming a United States Congressman.

So in celebration of this special day, I'd like to say thank you to my mom. Over the past 50 years, she raised five wonderful children and showed us love and devotion every step of the way.

Local community comes through with support of the Post Thrift Shop

By **Teresa Parker**
Special to the News Leader

Once again the Fort Sam Houston community has shown its big heart and support for the Post Thrift Shop. Following Saturday's post-wide yard sale, donations of unsold items were received from many families. The response was greater than

expected, and as a result, the budget shop is now very well stocked with new used items. The volunteers and staff of the Post Thrift Shop wish to express their appreciation to those who donated after the yard sale as well as those who contribute to donate to the shed at other times. The Fort Sam Houston community continues to support the Post Thrift Shop in a big way.

The Thrift Shop is open Wednesday and Thursdays from 9 a.m. to 2 p.m. and the second Saturday of every month from 9 a.m. to 1 p.m. To volunteer or donate items, call 225-4682 or visit the Post Thrift Shop at Bldg. 230 on Liscum Road.

Health agreements reached with Veterans Affairs

During a joint meeting on May 3 at the Pentagon Under Secretary of Defense for Personnel and Readiness David S. C. Chu reached agreements with Deputy Secretary of Veterans Affairs Leo MacKay on a single financial reimbursement methodology between the agencies and on a commitment to conduct joint strategic planning.

The reimbursement methodology decision will result in

pursuit of a single regionally adjusted discounted rate structure for DoD-VA medical-sharing agreements. Currently, multiple methodologies are used to set reimbursement rates by the many health facilities of VA and DoD leading to complex and difficult to administer billing and collection processes. Using a single regionally adjusted rate simplifies negotiations among facilities, clarifies reimbursement

issues, accounts for local cost differences, and improves data analysis

“This is a significant step in the right direction,” said Chu. “A major obstacle to increased sharing between our two agencies has been the financial reimbursement factor. This marks the beginning of an effort that will include development of business rules, billing guides, implementation plans, accom-

plishing system changes, and training personnel. We are pleased with the aggressive efforts that led to this decision.”

Plans call for initial implementation of this rate structure for ambulatory care services during the first quarter of fiscal 2003. Implementation for inpatient care, both facility and the professional fee components are targeted to begin in the third quarter of fiscal 2003.

At the meeting, the two senior officials also agreed to undertake an ambitious strategic planning initiative designed to develop a common vision and set of objectives for interdepartmental sharing for the future. Heralded by Mackay as a “bold move,” Chu concurred, “It’s the next logical step in our moving our relationship forward.” Source: Department of Defense News

Good communications can improve care you receive

By Maj. Gen. Leonard Randolph, Jr.
Deputy Executive Director,
TRICARE Management Activity

One of the greatest barriers to communications between physicians and patients is time. No one seems to have enough of it, these days. However, there are things you can do to enhance communications and make the most of the time you spend in your doctor’s office.

Listen to your body. Take time to make a self-assessment, and before your appointment, consider writing a diary of the symptoms. Focus on descriptive terms for your symptoms, such as intense, dull, pulsating. Try to relate the symptoms to your activities, time of day and how they compare to other past experiences. Many clinicians find it helpful when a patient can relate a “pattern of experiences”.

Try not to feel embarrassed. Clinicians are highly trained professionals, and must keep patient information confidential. Since there is usually a pattern of symptoms relating to an illness, the clinician often has an insight into how the illness



occurred. They may even expect to hear the patient state a potentially embarrassing phrase in order to make a diagnosis. Failure to tell all of your concerns (embarrassing, or not) to your clinician can result in a missed diagnosis with poor outcomes.

In the military community, fear of reprisals for having a mental or sexual health problem may be a concern for the patient. A patient’s illness can affect the unit’s military readiness, and possibly the patient’s career. Fortunately, military clinicians have the same sacred patient relationship as civilian providers, and keep patient confidentiality as their first priority. Not receiving proper treatment may cause more harm to a unit’s medical readiness, and negatively affect the patient’s long-term health.

The clinic staff may ask (multiple times) why you are here to see the doctor. This question helps make sure that all the proper equipment is available in the exam room. If you only wish to speak to the clinician, just answer that you have several symptoms and are not sure of the problem.

Bring a list. Always keep a card in your wallet with a list of your allergies and current medications in case of an emergency. Double-checking your prescription list with your clinician is always important. A list of questions or concerns is usually helpful during your visit. As a patient, you may feel rushed, or your train-of-thought may be interrupted. Relying only on memory for symptoms or concerns from the past weeks or months may not be as accurate as a list, and it can help to check with family members about your family history.

The use of a list can also be helpful when talking to a different physician. Communicating consistent information will keep everyone current on

your health care.

Tell the clinician all the medications and supplements that you are taking. There are many supplements on the market that claim to improve health. Vitamins, herbs, over-the-counter medications, diet pills, etc., can interact with your prescription, and may even be the cause of your symptoms. For example, simple nose spray can raise the blood pressure, while high dose vitamin K can affect ones blood-thinning prescription. Checking with your pharmacist is also very important when taking supplements.

Don’t believe everything you read. The Internet is a fascinating tool for information (good and bad). Anyone can write articles for the Internet, and they do not require any proof for their claims. Bringing in articles from any source to the physician’s office can help aid in discussion. However, if the clinician seems cautious, please understand that they may not trust the source of information or may have more insight into your particular case.

Give yourself time to heal and stay healthy. The best physician plan in the world will not work if the patient is too busy to comply. Taking time off for the rest prescribed can be difficult for “indispensable people;” ask for additional assistance whenever you can. Timers for medications are not only for the elderly, they can help anyone taking medications. Scheduling time for lifestyle changes is just as important. Any change takes time, especially if it involves exercise. An exercise prescription may be the best treatment the patient ever takes.

Keep the plan simple. The physician may discuss or hand-out a lot of information. Ask questions of the physician in order to clarify the instructions. Request a telephone consult or schedule a follow-up appointment sooner, if you have questions or concerns.

Good communication is critical to a good relationship with your clinician, and helps make you a true partner in determining which treatments you might need, and how to maintain your good health.

Local civic leader attends DoD conference

Thad W. Ziegler, a member of the Army Community council and civic leader of San Antonio, Texas participated in the Defense Department's Joint Civilian Orientation Conference held April 20 - April 28. He had the opportunity to learn first-hand about U.S. military personnel, their equipment and capabilities, and national defense strategies.

Ziegler is president of Thad Ziegler Glass, Ltd. and currently serves as liaison for the Military Affairs Council of the Greater San Antonio Chamber of Commerce to the Commander of the 37th Training Wing's Commander at Lackland Air Force Base, Brig. Gen. Fredrick Van Valkenburg. Ziegler is also the former Chairman of the San Antonio Air Force Community Council and member of the Army Community Council.

As a JCOC 65 participant, Ziegler visited military bases of the Army, Navy, Air Force, Marine Corps and Coast Guard. Very few people, even those employed by DoD get the opportunity to interact with such an encompassing cross-section of military leaders and service members of all ranks. Participants flew on military aircraft; experienced aircraft carrier landings and launches; observe amphibious landings, urban area combat techniques, special

operations assaults, and other warfare demonstrations.

The program began in Washington, D.C., where Ziegler met and was briefed by Defense Department leaders including Defense Secretary Donald H. Rumsfeld, Joint Chiefs of Staff Chairman General Richard B. Myers, and other senior military and civilian officials.

After the Washington, D.C. orientation, the JCOC team traveled by military aircraft to the U.S. Naval Facility, Norfolk, Va., where members visited an aircraft carrier, toured other Navy ships and submarines, and viewed Navy Special Forces demonstration. Next they traveled to Camp Lejeune, N.C., where the Marine Corps executed an operations exercise showcasing the combat power of its' Marine Air-Ground Task Force. Next they interacted with the soldiers of the Army's XVIII Airborne Corps and Special Operations Forces at Fort Bragg, N.C. Next stop was the Coast Guard Training Center in Yorktown, Va., to observe Coast Guard operations involving cutters, patrol boats and helicopters. While en route to Yorktown, the group observed an aerial refueling. The group then traveled to Sheppard Air Force Base, Texas, to fly a jet aircraft flight simulator and to partici-



Courtesy photo

Secretary of Defense Donald H. Rumsfeld meets Thad W. Ziegler, during his recent visit to Washington, D.C. as part of the Defense Department's Joint Civilian Orientation Conference held April 20 through 28. Ziegler was one of sixty civic leaders selected from hundreds of candidates nominated worldwide.

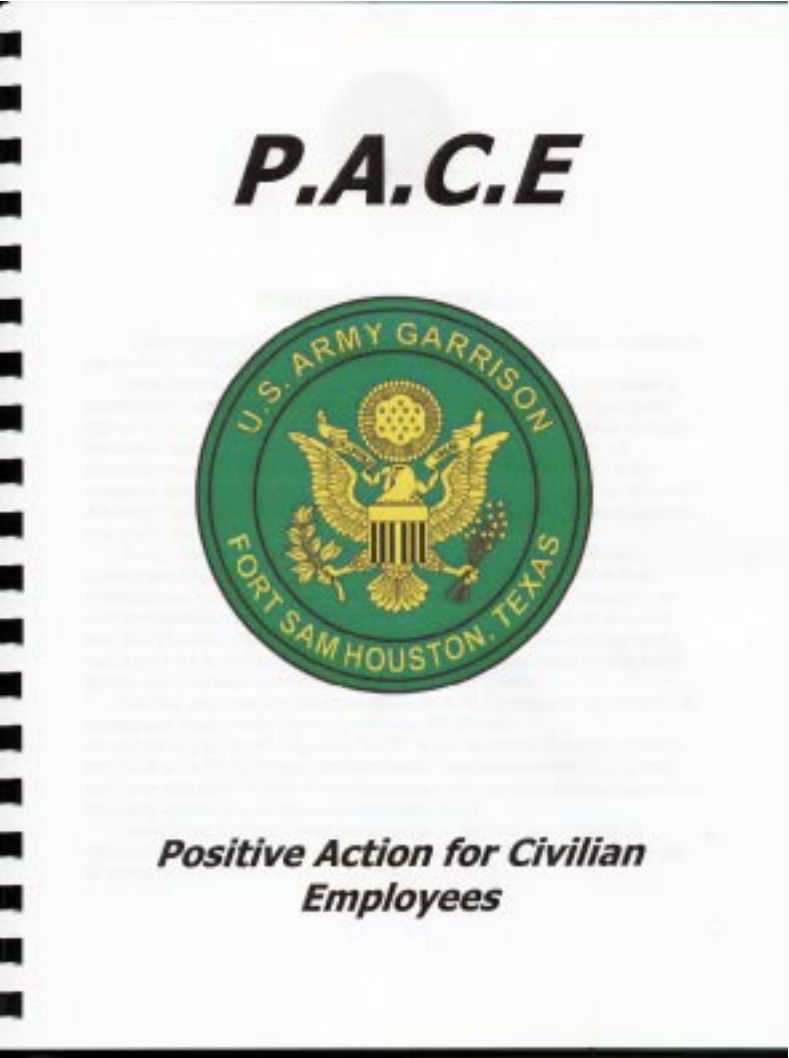
pate in several training exercises. The team's final destination was Offutt Air Force Base, Neb., where team members visited the U.S. Strategic Command underground command post. The JCOC 65 program concluded in Omaha, Neb., on Sunday, April

28.

This conference was initiated in 1948 and is the Secretary of Defense's premier civic leader program. Sixty U.S. citizens are selected from hundreds of candidates nominated by military commands worldwide. The

selection process is highly competitive. JCOC 65 participants pay all of their own expenses, including travel to and from the conference, lodging and meals.

Brochure developed to aid Garrison employees after A-76 announcement



By Edward Rivera
Fort Sam Houston Public Affairs

The A-76 Operations Center, Civilian Transition Office in conjunction with several post agencies have developed a Positive Action for Civilian Employees brochure. As the date gets closer to the Initial Decision in the U. S. Army Garrison, Fort Sam Houston A-76 Cost Comparison Study the need for a single source of information was identified.

The PACE brochure provides useful information pertaining to services available as the A-76 Commercial Activity Study evolves. A matrix within the brochure highlights types of services available and information regarding which organization provides the service and who to contact.

“The brochure is a tool to assist employees in making sound decisions about future employment options,” said Marlene D. Nash, A-76 Opera-

tions Center, Civilian Transition Services Manager. “It outlines services available with information regarding what each organization provides.”

The handbook also gives detailed descriptions of what services are available; Internet Web sites offering more information and locations of Garrison computers available for use in accessing the Internet Web sites. The Civilian Personnel Advisory Center has also prepared “Question and Answer” section highlighting questions of general interest.

According to Nash, training which will include information on how to use the brochure will begin on June 3. “We will have mandatory training for all Garrison employees and military members, which will include civilian personnel and contracting representatives on hand to answer questions.”

A-76 Commercial Activities Cost Comparison Study informa-

For more information:
▼
A-76 Operations Center 24-Hour Hotline at 221-2439.

tion can also be accessed on the following web site: HTTP://fsh-intranet.amedd.army.mil/. Highlight “A-76” under the words Fort Sam Houston, then click on A-76 Operations, and then review information desired. After accessing the Fort Sam Houston A-76 Operations area, questions and comments regarding the Study may be posted by selecting the Discussion Group.

“We will also be offering workshops on various topics to include RESUMIX, an on-line resume program, interviewing skills, Stress and Change Management,” said Nash.

For more information call the A-76 Operations Center 24-Hour Hotline at 221-2439.

Readiness director retires after 50-year career

Phil Reidinger
Fort Sam Houston Public Affairs

Ed Miller, Readiness and Logistics Business Center director retired April 29 during a ceremony at the post flagpole hosted by installation commander, Maj. Gen. Kevin C. Kiley.

Miller served in various military and civilian positions involving plans, operations, training, intelligence, and security during his military and civilian careers. The bulk of his career assignments were in Southeast Asia countries such as China, Korea and Vietnam. Miller retired from military service as a sergeant major specializing in airborne infantry, special operations, and advisory positions to include senior enlisted advisor to the Republic of China, Special Warfare Command.



Spc. Enrique Alvarado, Headquarters, Special Troops Battalion, presents a bouquet of roses to Sue Miller on behalf of the Fort Sam Houston community for her contributions to the installation.

Photos by:
Esther Garcia

Maj. Gen. Kevin C. Kiley, commander, Army Medical Department Center and School and Fort Sam Houston congratulates Edward Miller, director, Readiness Logistics and Business Center, following presentation of the Department of the Army Meritorious Civilian Service Award at a ceremony held April 29 in front of the post flagpole. Miller retired April 30 following 50 years of federal service to the Army and to the command.

4th Annual IMPACT Olympics

- A very special event for children and students with special needs
- Saturday, May 11 from 8:45 to 10:45 a.m.
 - Fort Sam Houston School Age Services at the corner of Winans and Dodd Blvd.
 - For information call 221-3502.
 - The Fort Sam Houston Youth Services, School Age Services, Cole High School IMPACT Partners and the Cole Senior High School Student Council sponsor this IMPACT event.

Volunteers: “The Heart of America”

You’re a very special person, who helps in many ways
With your heartfelt efforts that earn our highest praise.
We appreciate the care that goes into all you do.
The world’s a better place thanks to people like you.



Recreation and Fitness News

▼Marketing Department at 221-2926/2307.

May 11 - Around the World 2-on-2 Three Point Shoot-out Double Elimination Basketball Tournament - At the Jimmy Brought Fitness Center, open to all ID cardholders.

May 13 - All Army Sports Team Softball Applications Due - Applications may be picked up at the Jimmy Brought Fitness Center, Bldg. 320, and Wilson Road. For information call Earl Young at 221-1180.

May 13 - Lifeguard Class - At the Jimmy Brought Fitness Center. Cost is \$140. Call 221-1234 for more information.

May 13 - Scuba Diving Certification Class - At the Jimmy Brought Fitness Center. All scuba gear is furnished. Classes run for 2 to 3 week sessions and cost \$190 per participant. Earn your PADI and NAUI certification. Call 221-1234 for more information.

May 18 - Aerobathon - Challenge yourself to three hours of non-stop aerobics from 10 a.m. to 1 p.m. at the Jimmy Brought Fitness Center in the Aerobics room. Cost is \$10. T-shirts for all registered participants.

May 19 - Double Elimination 3-on-3 Basketball Tournament Beginning at 9 a.m. at the Jimmy Brought Fitness Center, all teams authorized four players. Open to ID cardholders.

May 27 - “Salutes the Military Family” Kraft Foods is offering free tickets to the Missions’ baseball game on May 27, Memorial Day. Ticket vouchers for this event will be available at Carlson Wagonlit Travel at Bldg. 2434 on Allen Road and the Library, Bldg. 1222 at the corner of Harney and Chaffee Roads. For more information call the

June 11 - Military Family Appreciation Nights - General Mills is saying “Thank You” by offering free tickets to the Missions Baseball games. Vouchers for these games will be available at Carlson Wagonlit Travel one week prior to the event. Coupons are redeemed at the Nelson Wolff Stadium for actual tickets. Call 221-2926 or 221-2307 to reserve tickets.

Get Your Body in Shape - Aerobics classes offered at the Jimmy Brought Fitness Center include, Water Fitness, Low-Impact Step, Kick Step Combo, Cardio Step and more. Fore information and class schedule call Lucian Kimble at 221-2020/1234.

Women’s Varsity Softball - Players are still needed for the women’s softball team. If you are interested in playing, call Earl Young at 221-1180.

Varsity Soccer - Players are still needed. Call 221-1180 for more information.

Power Lifting Team – Participants needed to form team for competition. Compete in Squatting, Benching and Dead-Lifting. For more information and registration call 221-2020/1234.

Varsity Basketball - Coaches are needed. If you are interested, send resumes to Earl Young, Jimmy Brought Fitness Center, Bldg 320 or e-mail earl.young@cen.amedd.army.mil. Call 221-1180 for more information.

Certified Aerobic and Yoga Instructors - Aerobic and Yoga instructors wanted at the Jimmy Brought Fitness Center. Call Lucian Kimble at 221-2020 for more information.

Spring Softball Standings



As of May 2

Place	W	L
BAMC	6	0
Fire Dept	5	0
5 th Army	5	1
DMRTI	4	1
LDB	3	1
HHC MEDCOM	4	2
DFAS	3	2
DCSS	3	2
ITBC	3	3
SA MEPS	2	2
NCO Academy	2	2
Charlie Grunts Blue	2	4
443 rd MP Co	1	3
Co E Acad Bn	0	6
USAMISSA	0	6
Charlie Grunts Green	0	6

April 29

NCO Academy	7	Co E Acad Bn	0 (Forfeit)
DMRTI	8	443 rd MP Co	3
NCO Academy	18	DMRTI	11
LDB	15	Charlie Grunts (Blue)	3
5 th Army	12	Charlie Grunts (Green)	8
Fire Dept	13	ITBC	9

May 1

Fire Dept	16	443 rd MP Co	8
Charlie Grunts (Blue)	13	Co E Acad Bn	9
ITBC	11	USAMISSA	3
LDB	17	DFAS	14
BAMC	12	DCSS	0
HHC MEDCOM	7	SA MEPS	0

Fitness Center to host Health, Fitness Day

In celebration of National Physical Fitness Month and Employee Fitness Day, the Jimmy Brought Fitness Center will host a Health and Fitness Extravaganza from 10 a.m. to 6 p.m., May 15.

Attendees can talk with health and fitness experts in topics ranging from diabetes screening/prevention, cholesterol screening, injury prevention and more. A dietician and fitness experts will be on hand to offer advice. There will be a free lunch between 11:30 a.m. and 1 p.m. with a grand-prize drawing for two roundtrip domestic airline. Throughout the day attendees will be given the chance to win a variety of prizes. The event is open to all valid ID card holders. For more information, contact Lucian Kimble at 221-2020/1234.

Results of courts-martial released

Periodically, the Fort Sam Houston Staff Judge Advocate will publish results of courts-marital as a means of informing members of the command of actions taken resulting from violations of the Uniform Code of Military Justice.

An IET instructor in the rank of Sergeant First Class was found guilty by a general court-martial of violation of lawful general regulation and disorderly conduct. The general nature of the charges were inappropriate relationships with IET soldiers and soldiers of different rank and disorderly conduct. The soldier was sentenced to the following punishment: reprimand and reduced to the grade of E-5.

A Supply Sergeant IMPAC Cardholder in the rank of Sergeant was found guilty by a general court-martial of violation of a lawful general regulation, making false statements, and larceny of U.S. currency and military property. The general nature of the charges were making unauthorized purchases with an IMPAC credit card, making false official statements, and larceny of U.S. currency and military property of over \$100. The soldier was sentenced to the following punishment: to be reduced to E-1, to forfeit of all pay and allowances, to be confined for 34 months, to pay a fine of \$26,532, and to be discharged from the service with a bad conduct discharge.

The next step in the process is for the convening authority, Commander, Army Medical Department Center and School and Fort Sam Houston to review the records of both trials, consider any requests by the accused for clemency or other matters, and decide whether to approve the conviction and punishment. The cases will then undergo normal review and appeal processing in Washington, D.C.

Post Suggestors and Evaluators of the Year announced



Photo by Ray Turner

A luncheon honoring the 2001 Army Suggestion Program winners was held April 25 at the FSH Golf Course Club. Left to right, Greg Taum accepted the award on behalf of Col. John G. Kitsopoulos, U.S. Army Medical Command, as the Military Evaluator of the Year. Kitsopoulos evaluations resulted in numerous suggestions being thoroughly evaluated in the prescribed time allocated. Staff Sgt. Eric Smeed, Military Suggestor of the Year, invented a new

medical evacuation platform litter while assigned to the Institute of Surgical Research. Maria Olivares, Civilian Suggestor of the Year is assigned to Brooke Army Medical Center. She created a table that improved job performance during maintenance inspections of linen at Brooke Army Medical Center. Vanessa Alford, assigned to Readiness and Logistics Business Center, received the Civilian Evaluator of the Year award for her thorough and timely program evaluations.

Post worship schedule

Protestant

Sunday:

- 8 a.m. Service, AMEDD Regimental Chapel, Bldg. 1398
- 9 a.m. Traditional Service, Installation Chaplain's Office, Bldg.2530
- 9:15 a.m. Troop Service, Evans Auditorium, Bldg. 1396
- 10 a.m. Service, BAMC Chapel
- 10:45 a.m. Gospel Service, Dodd Field Chapel, Bldg. 1721
- 11 a.m. Service, AMEDD Regimental Chapel
- 11:15 a.m. Gospel Service, Evans Auditorium
- 12:30 Spanish Service, AMEDD Regimental Chapel

Wednesday:

- 9:30 to 11:30 a.m. PWOC meeting, Dodd Field Chapel (Childcare is provided for those who attend PWOC meeting).
- 12 p.m. Bible Study, Dodd Field Chapel
- 12 p.m. Service, BAMC Chapel

Catholic

Saturday:

- 5:30 p.m. Mass, AMEDD Regimental Chapel

Sunday:

- 8:30 a.m. Mass, BAMC Chapel
- 9:15 a.m. Mass, Dodd Field Chapel
- 9:15 a.m. Mass, AMEDD Regimental Chapel
- 11:15 a.m. Mass, BAMC Chapel
- *12:45 p.m. Mass, Dodd Field Chapel
- *Bilingual Mass on 1st Sunday of the month (For information call 590-6593).

Weekdays:

- 11 a.m. Mass, BAMC Chapel
- 11:30 a.m. Mass, AMEDD Regimental Chapel

1st Friday:

- 9 a.m. Mass Catholic Women, Dodd Field Chapel

Jewish

Friday:

- 8 p.m. Service, Dodd Field Chapel
- 8:30 p.m. Oneg Shabbat, Dodd Field Chapel (For information call 379-8666 or 493-6660)

Mormon

Sunday:

- 10:30 a.m. Bldg. 1350, Room 1, Koehler Road, across from Evans Auditorium

Tuesday:

- 7 p.m. LDS Studies, AMEDD Regimental Chapel

Muslim

Sunday:

- 10:30 a.m. Religious Education, Bldg. 607A, Infantry Post

Friday:

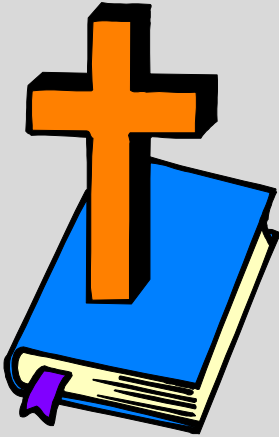
- 1:30 to 2:30 p.m. Prayer Service, Bldg. 607A, Infantry Post

Thursday:

- 8 p.m. Adult Religious Education, Bldg. 607A, Infantry Post

Note: The Post Gift Chapel is closed for renovations indefinitely.

Chaplain Administrative Offices are located at Dodd Field Chapel, Bldg. 1721, phone number 221-5432. Garrison staff duty officer, (after duty) 221-2810.



TSP open season May 15 to July 31

Thrift Savings Plan contribution percentages or dollar amount changes can be done via Internet at <https://www.abc.army.mil> or via telephone at 1 (877) 276-9287. Allocations of your investment can be changed via computer at www.tsp.gov. Thrift

Savings Plan is one of the best benefits we have as government employees with matching government contributions to the Federal Employee Retirement System. Thrift Savings Plan is a vital part of your three-part retirement program (Thrift Savings Plan, Social

Security, and Pension). The Office of Personnel Management has advised employees under FERS who do not actively participate in Thrift Saving Plan contributions can expect a retirement annuity at or below poverty level. Congress is concerned that

one-quarter of employees under the FERS system are not contributing to the Thrift Savings Plan. The contribution limits will rise by another percentage point to 13 percent for FERS and 8 percent for CSRS employees the following season.

Free computer training for family members



Family Member Employment Assistance now has openings in the morning and afternoon sessions for free computer training for family members. Training is available on all Microsoft Office software and much more. Appointments are required. For more information, call Pat Fory at 221-0516.

Maj. Gen. Kevin C. Kiley, commander, Army Medical Department Center and School and Fort Sam Houston, pins an award ribbon on Cadet Lt. Col. Stephanie Banks, Robert G. Cole High School JROTC Battalion commander, who earned the Superior JROTC Cadet Award at Cole's JROTC 34th annual awards ceremony held May 2. Banks, who received a four-year Army ROTC scholarship, will attend Wentworth Military Academy in Lexington, Mo. prior to completing a degree at Central Missouri State. Observing Banks receive the award is Janice Pryor, the widow of the late Sgt. Maj. Rufus Pryor, who was an Army JROTC instructor at Cole High School for 12 years.



Photo by Gail Siller

Cole JROTC Cadets honored at Spring Awards Ceremony

**By Cadet Capt. Antionette Moore
Special to the News Leader**

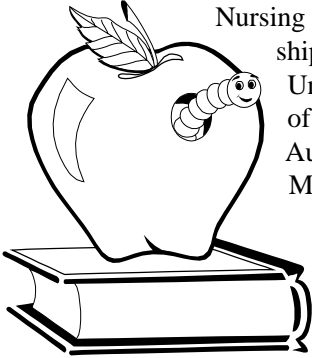
As the school year comes to a close, the cadets of Robert G. Cole High School attended the 34th Annual JROTC Spring Awards Ceremony on May 2. The Spring Awards was an opportunity for cadets to be recognized for outstanding achievements throughout the school year. The following ROTC scholarships and one service academy appointment were announced:

Cadet Capt. Joe Gresenz received an appointment to United States Military Academy at West Point, New York and

the United States Air Force Academy in Colorado Springs. Co. He elected to attend West Point in the fall.

Battalion Commander, Cadet Lt. Col. Stephanie Banks received an Army four year "two plus two" scholarship at Wentworth Military Academy in Lexington, Mo. with her junior and senior years at Central Missouri State University.

Cadet Capt. Antionette Moore has been offered a four-year Naval ROTC



Nursing scholarship at the University of Texas at Austin. Moore has also been offered a four-year Army ROTC Nursing scholarship to UT at Austin, Texas Tech, Texas Christian University, and Norwich University, Northfield, Vt. She plans on attending TCU.

Cadet Sgt. 1st Class Natasha Simons has been offered a four-year Army ROTC Nursing scholarship at the University of South Alabama and Florida State University. She will be

attending Florida State.

Cadet Maj. Barry Sheridan has been offered a three year Army ROTC scholarship to Norwich University, which he will be attending this fall.

Cadet Capt. Reyna Zeigler has been offered a three year Army ROTC scholarship to the University of Texas at San Antonio which she will be attending this fall.

Superior Cadet Medals, signifying the top cadets in each LET level were awarded to: Cadet Cpl. Ashley Gross, Cadet 1st Sgt. Mike Gresenz, Cadet 1st Lt. Janet Yaul, and Cadet Lt. Col. Stephanie Banks.

Congratulations to Robert G. Cole High School Senior Shantia Gates whose artwork was selected to grace the Fall 2002 cover of the Education Service Center – Region 20's Staff Development Catalog. Gates, who is the daughter of Sandra and Henry Hudson, displays her multiple print of fall foliage. ESC-20, which serves 51 school districts in San Antonio and the South Texas area, routinely exhibits student artwork from area schools. Besides Gates, other Cole students whose work was showcased at ESC-20 during March include seventh grader Michele Ingari, freshmen Christine Ingari and David Williams, sophomores Jovan Ebalaroza, and Santana Tipton.



Photo by Patti Casas

Fort Sam Houston Independent School District Weekly Campus Activities

▼

May 13 – May 18, 2002

Fort Sam Houston Elementary School
Exam Week for Fifth and Sixth Graders
Tuesday, May 14
Art Show – 4:30 – 6 p.m.

Thursday, May 16
Fifth Grade Band Tryouts – 1:30 – 3 p.m.

Friday, May 17
Spirit Day
Fifth Grade Band Tryouts – 1:30 – 3 p.m.

Robert G. Cole Jr./Sr. High School
Wednesday, May 15
UTSA Junior High Band Festival - TBA

Thursday, May 16
Induction Ceremony for Honor Societies in the Cafeteria – 3:45 p.m.

Saturday, May 18
Varsity Band/Choir Fiesta Texas Day Trip



At 14th Annual Bataan Death March in New Mexico...

FSH troops keep the spirit alive



Capt. Adminda
Rodriguez



Spc. Randal Cooper



Sgt. 1st Class
Michael Guthrie



Courtesy photo

Members of Academy Battalion's Desert Eagle I cross the finish line at the Bataan Memorial Death March April 14 at White Sands Missile Range, N.M. Desert Eagle II followed them and both teams finished 22 and 23, respectively in the Co-ed Military Light category.

Academy Battalion soldiers participate in the Bataan Memorial Death March in White Sands Missile Range

By Sgt. 1st Class Michael Guthrie
Special to the News Leader

Soldiers assigned to Academy Battalion participated in the 2002 Bataan Death March at White Sands Missile Range, N.M. on April 14. Two five-member teams named Desert Eagle I and Desert Eagle II, and three individuals trained for months and paid their way to participate in this solemn march which honors a special group of World War II heroes. They participated in the coed military light and individual military male categories.

The grueling marathon length (26.2 miles) memorial march took the soldiers through the missile range main post, across hilly terrain, around a small mountain and to the finish line through sandy desert trails and washes, with elevation varying from 4,100 to 5,300 feet.

The teams trained for months and held numerous fundraisers to subsidize their expenses to participate in this physically demanding event.

The Bataan Memorial Death March honors the brave soldiers responsible for the defense of the islands of Luzon, Corregidor and the harbor defense forts of the Philippines.

In 1988 the Army ROTC Depart-

ment at New Mexico State University began sponsoring the memorial march to mark a page in history that included so many native sons and affected so many families in the state. In 1992, White Sands Missile Range and the New Mexico National Guard joined in the sponsorship and the event was moved to the missile range.

Since the first event, the memorial march has grown from approximately 100 to more than 4,000 marchers from across the United States and several foreign countries. While still primarily a military event, many civilians choose to take the challenge.

Marchers participate in this memorial event for many reasons, personal challenge, and the spirit of competition or to foster esprit de corps in their unit. Some march in honor of family members or a particular veteran who was in the Bataan Death March or was taken prisoner of war by the Japanese in the Philippines.

"After completing the road march and receiving a commemorative coin from a Bataan survivor, the pain of the road march diminished in comparison to what the veterans endured 60 years ago," said Staff Sgt. James Meyers, a member of Desert Eagle I.

The teams returned to Fort Sam Houston with a renewed sense patriotism and appreciation for the sacrifices made by tens of thousands of American and Filipino soldiers who were surrendered to Japanese forces and were forced to march for days in the scorching heat through the Philippine jungles.

In light of recent world events, participation in this memorial march was a small gesture to show patriotism, unity, strength and resolve.

Academy Battalion soldiers members of Desert Eagle I are: Capt. Adminda Rodriguez and Terry Martinez, Staff Sgt. James Meyers, Sgt. Sarah Jones, and Pfc. Cytanjan Muniz. Desert Eagle II consisted of Maj. Steven Middlecamp, Sgts, Patricia Castro, Adrian Castillo and Jenny Valdivieso and Pfc. Tavaar Robertson.

Individual participants included Sgt. 1st Class Michael Guthrie, who finished first in the MEDOM and 12th overall in the Military Heavy division, Spc. Randal Cooper, who finished 37th in the Military Light category and Maj. Ruben Correa, who completed the march.



Photo by Sgt. 1st Class Michael Guthrie

The Bataan Memorial statue, which poignantly tells the death march story, is an 8 foot tall statue depicting an American soldier and a Filipino soldier assisting a second faltering American soldier. Las Cruces sculptor Kelley S. Hestir designed the statue, which was dedicated at Las Cruces Veterans Park, off Roadrunner Parkway on April 13. The footprints behind the statue symbolize thousands of soldiers who began the Bataan Death March, while the steps in the front of the statue signify the few who finished the infamous march.



“Enduring pain and the desire to give up was perhaps the inevitable conflict the soldiers in the Bataan March felt during this infamous event.”

Staff Sgt. Carlos Barahona
147th Medical Logistics Battalion

Course Facts

- 26.2 miles
- Desert trails and washes
- 4,100 - 5,300 feet elevation
- Participation has grown from 100 to over 4,000



Photo by Staff Sgt. Shawn Guthrie

“It was just a relief to finish the 26.2 miles Bataan Death March. That was the longest 9 hours and 52 minutes and 19 seconds of my life, which is minimal compared to what the survivors and those who made the original march had to go through.”

Sgt. David Awanda
A Company,
147th Medical Logistics Battalion

Five members of the 147th Medical Logistics Battalion begin the long treacherous memorial march at the break of dawn with rucksacks on their backs and the 147th guidon. They competed in the Military Heavy division.

147th Medical Logistics Battalion warriors remember Bataan and Corregidor POWs

By Warrant Officer William S. Bosley
Special to the News Leader

On April 14, a team of five soldiers from the 147th Medical Logistics Battalion (Rear) participated in the 14th annual Bataan Memorial Death March (26.2 miles) through the desert sands of White Sands Missile Range, N.M.

The team was but a few of the over 4,100 competitors that attended this event marking the 60th Anniversary of the surrender of the estimated 70,000 American and Filipino forces on April 9, 1942.

During World War II the Japanese had been fighting a war with China for almost a decade and had ambitions to control the entire Pacific Rim. Japan realized that it would be unable to hold a sustained fight against the United States because of limited resources such as oil, fuel and iron. They knew they had to strike quickly and fiercely, and the Philippines was a key strategic target. They attacked soon after the bombing of Pearl Harbor in December of 1941, and their play

worked. They caught the allied forces by surprise and were able to decimate the American air fleet within a single day. The allied forces were ordered to travel south to the Bataan Peninsula to defend until relief came. With the Japanese controlling the waters the allied forces fought a ground war against the battle-hardened Japanese 14th Army with outdated weapons, limited medicine, and reduced rations.

When General MacArthur retreated to Australia in March of 1942, things began to look bleak. The “Battling Bastards of Bataan” as they called themselves fought valiantly as tales and citations of heroism in combat abounded. Fearing the inevitable, the total slaughter of American and Filipino forces, General Edward King surrendered his forces on April 9, 1942. The Japanese forced their prisoners to march 65 miles from the Bataan Peninsula to Camp O’Donnell with no water and little or no rations. An estimated 5,600 to 10,700 of those were unable to keep up and were executed by shooting, beheading, or disembowelment. This event

became known as the Bataan Death March.

During our march the extreme temperatures in combination with the weight of our rucksacks gave us some understanding of what the Bataan veterans had faced many years ago. Team member Staff Sgt. Carlos Barahona stated, “I was conscious however of the enormous differences between this event as a sort of a sport and the actual march, a horrible chapter in the history of our nation.” While the team was motivated by cheering volunteers and frequent rest stops with fresh fruit and drink, our forefathers only had fear of death and disembowelment to keep them going on their barefoot 65-mile trek through the malaria infested peninsula of Bataan under the cruel hand of their Japanese captors.

Let us never forget the sacrifice of the brave souls that defended our way of life until the very end in a hope that it will never occur again.

The 147th Medical Logistics Battalion team began training since February for the event and its team members included:

Warrant Officer William Bosley, Staff Sgts. Carlos Barahona and Shawn Guthrie, Sgt. David Awanda and Spc. Franklin Charles.

Sgts. Carlos Barahona and Shawn Guthrie marched with heavy rucksacks through the halfway point of the 26.2 miles desert trail during the Bataan Memorial Death March April 14.



Photo by Spc. Franklin Charles

“Shaking the hands of the Bataan veterans before the march wasn’t nearly as rewarding as after the march. We only marched a portion of what the veterans did, but you can never understand even a fraction of what it must have been like unless you partake in this annual historic event. I recommend this to everyone at least once in a lifetime.

Staff Sgt. Shawn Guthrie
147th Medical Logistics Battalion

Bataan veteran Menandro Parazo greets marchers as they prepare for the memorial march. Several Bataan survivors attend the annual event. 2002 marks the 60th anniversary of the surrender of an estimated 70,000 American and Filipino forces. (Courtesy photo)



Why wear sunglasses?

May is Motorcycle Safety Month

Just like your skin, your eyes need sunscreen. Overexposure can lead to cataracts and macular degeneration.

- Sunglasses reduce wrinkles by reducing the need to squint.
- Sunglasses make driving safer. Add a polarized coating and you'll see through the harsh glare of an afternoon ride.
- Sunglasses improve your performance. The right lens can improve your golf game or help you see a tennis ball better.
- They let you be different. What else changes your look, improves performance and safeguards vision all at once?

"Sunwear is essential for good eye health as well as good looks," says optician Rene Soltis. "Without protection from ultraviolet rays, your eyes are at greater risk for sight-stealing

conditions like cataracts and macular degeneration. And without all that squinting, you'll reduce your chance of wrinkles."

For more information on taking care of your vision, and for a weekly chance to win a free pair of quality, designer sunglasses, send your name, address, e-mail address and phone number to Spectacular Sunwear Giveaway, Vision Council of America, 1700 Diagonal Road, Suite 500, Alexandria, VA 22314.

Contest rules are posted on www.checkyearly.com. Winners must be 18 or older. All entrants will receive information about the importance of quality eye care.

Things are looking up for sunglass wearers.

(Source: North American Preciis Syndicate)

Cycling team peddles advice on bike safety

There is helpful news for the many Americans who have taken to bicycling for recreation, fitness and transportation.

Although bicycling has become one of the most popular outdoor recreational activities, the U.S. Consumer Product Safety Commission reports an estimated 500,000 people are treated in hospital emergency rooms for bicycle-related injuries each year.

That's why it's important for riders to follow the rules of the road and cycling safety.

According to Jeff Corbett, the right time to brush up on those rules is before you start peddling down the street. He is the director of the 7 UP Pro Cycling Team-one of the top-ranked professional teams in the United States.

"By taking just a few minutes to review some valuable bike safety tips, both children and adults can help ensure a safe and enjoyable ride," said Corbett.

To help reduce the chances of having a bike-related injury and to make the most of your bike riding experience, Corbett and the 7 UP Pro Cycling Team offer the following bicycle safety tips:

- **Protect Your Head.** When riding your bike, always wear a helmet that meets government-approved safety standards. Research shows that bicycle helmets can reduce head injuries by up to 85 percent.
- **See and Be Seen.** When cycling during the day, Corbett says to wear neon or fluorescent clothes that will make you more visible to motorists. If riding at night, wear retro-reflective clothing and use a bicycle headlight and taillight, as well as front and rear reflectors.
- **Inspect Your Bike.** Before taking a bicycle ride, make sure your bike is adjusted properly to fit you and that it is in good

working condition. Securely fasten quick-release wheels, properly inflate the tires and test the brakes.

- **Go With the Flow.** Always ride on the right side of the street in single file with the flow of traffic-not against it. In general, riding against traffic can be dangerous because it puts you where motorists don't expect you.
- **Follow the Rules of the Road.** Bicyclists must obey the same rules as motorists, so it is important to understand all the traffic laws. In addition, you should be familiar with the hand signals that are used to communicate a cyclist's intention to change direction. Stretch your left arm out straight to indicate a left turn, and raise your forearm up to indicate a right turn.
- **Keep Your Eyes Open.** Whether it's a pothole, fallen tree branch or an opening car door, you're likely to encounter several potential obstacles when riding your bike. Keep your eyes open and pay attention to anything that may cause you to fall or force you to make a sudden detour from your path. Before swerving around an object, make sure you check ahead of you and behind you to avoid oncoming traffic.
- **Look Both Ways.** More than 70 percent of crashes involving a bicycle and a car occur at driveways and intersections, according to the National Highway Traffic Safety Administration. When crossing a street or a busy intersection, be sure to look in both directions before moving forward. Children also should walk their bikes across busy streets.

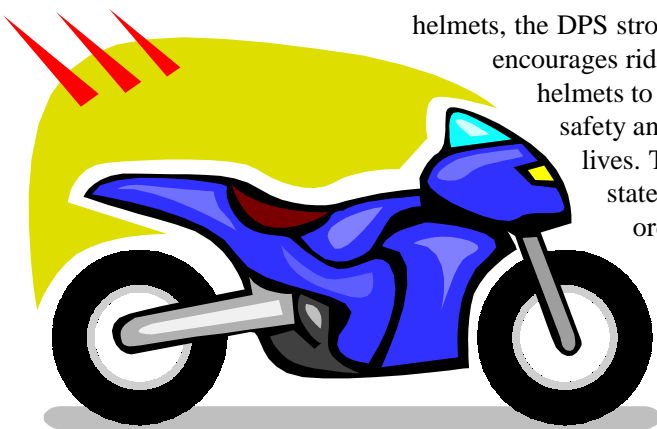
Corbett and the 7 UP Cycling Team recommend that consumers read their bicycle owner's instruction manual. To learn more, visit www.7UP.com.

(Source: North American Preciis Syndicate)

May is Motorcycle Safety and Awareness Month in Texas, and the Department of Public Safety urges all motorcycle enthusiasts-both experienced and inexperienced-to attend a professionally taught motorcycle course to hone their skills.

"More than 650,000 people in Texas are licensed to operate a motorcycle, of which 30,000 were new licenses issued in 2001," said Clifton Burdette, coordinator of the DPS Motorcycle Safety Unit. "Operating a motorcycle safely requires the use of special mental and physical skills. Riders can attain these skills by attending professionally taught motorcycle operator training courses, as well as through personal experience."

The DPS Motorcycle Safety Unit offers basic and advanced motorcycle operator training in 45 permanent locations and 11 other sites that utilize two self-



helmets, the DPS strongly encourages riders to wear helmets to increase safety and save lives. Texas law states that in order to be exempt from wearing a helmet, a person must be at least 21 years of age. In addition, they must successfully complete a motorcycle safety course or be covered by a health insurance plan providing at least \$10,000 in medical benefits for motorcycle-related injuries.

Information about the Motorcycle Safety Unit classes can be found on the DPS Web site at www.txdps.state.tx.us/msb. For additional information on motorcycle training, call (512) 424-2021 or toll-free at (800) 292-5787.

contained mobile training units. Last year, 17,110 Texans took either the basic or advanced course, a 26 percent increase over 2000.

The basic motorcycle operator training course is for unlicensed or inexperienced riders, and the advanced course is for more experienced riders. In addition, both of the courses may qualify for ticket dismissal and insurance discounts.

While Texas does not require all motorcycle riders to wear



Blood donations needed daily

Blood donations are needed year round. Soldiers involved in Operation Enduring Freedom are counting on us to be there for them.

If you make a fist now, we will give you a hand later. It is important to keep a steady flow of blood donors donating on a regular basis.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.

Tackle work-related stress with smart workspace tools

In today's workplace, many people have to do twice as much in half the time without compromising quality. That adds up to one thing-stress. Overloaded schedules, excessive demands and difficult co-workers all can bear down, causing tension and anxiety.

Routine activities, such as typing, filing and stapling, also can inflate stress. When frequently done over time, these tasks can fatigue fingers, hands and wrists. Fatigue can then lead to irritation, discomfort and pain, which can bring about such ailments as aches, tenderness, swelling, numbness and tingling. For many, the end results can be chronic or debilitating illnesses, such as tendonitis or carpal tunnel syndrome.

To reduce such stress, surround yourself with tools that make daily tasks easier. Swingline®, a leading brand of staplers and punches, has created new ease-of-use workspace tools to minimize strain on fingers, hands and wrists caused by such repetitive tasks as stapling and hole punching. For example, Swingline's Light Touch Heavy Duty Punch requires only two fingers to operate. That means you don't have to stand for extra leverage, and can punch up to 32 sheets without arm or back strain.

Swingline's Soft, Smooth and Comfort Grip Staplers also offer softly molded grips and rounded contours for revolutionary comfort. Available in standard or compact sizes, you can adapt them to your hand size. They also stand on end, so they're easy to grab from a cluttered desk.

After you customize your workspace, try the following stress-reducing tips:

- Watch your posture. Avoid bending your wrists, or working with your elbows raised toward shoulder height.
- Exert force in ways that generate the most strength. When you push down, use a straight arm. Conversely, when you push forward, bend your arm.
- Reduce pressure on your hands. When using hand tools, keep large surface areas in contact with your hand. As you grip, position the tool in the "fat pads" of the palm and fingers.

Although work stress may be inevitable, with the right tools you can keep it at a minimum. For more information on ease-of-use products or ways to reduce work-related stress, log on to www.swingline.com/reducestress.

(Source: North American Preciis Syndicate)



U.S., Canada sign smallpox vaccine agreement

The Department of Defense and Canada’s Department of National Defence announced today that they have signed an agreement to jointly collaborate on a smallpox vaccine development program. The program will develop and acquire a new smallpox vaccine based on a live viral (vaccinia) vaccine aiming to protect service members against the deadly disease.

The smallpox vaccine agreement signed March 27, 2002, represents the first collaborative acquisition chemical-

biological-radiological defense agreement between the two countries under a memorandum of understanding (MOU) that was signed in June 2000 by the United States, Canada, and the United Kingdom. The aim of the MOU is to further the goal of greater cooperation in research, development and acquisition of protective materiel against weapons of mass destruction leading to products common to allied forces.

Joint Program Manager for Biological Defense U.S. Army Col. Stephen V. Reeves signed the international agreement along

with Dr. John Leggat, Canadian assistant deputy minister (S&T), DND, and CEO of Defence R&D Canada.

“This agreement is very important to our national security interests and establishes a precedent between our two countries for future collaboration,” said Reeves.

The five-year advanced development effort takes the current DoD smallpox vaccine and vaccinia immune globulin (VIG), which is used to treat some adverse events through clinical trials and consistency lot production. The resulting data

will be submitted to regulatory agencies of both countries (Food and Drug Administration and Health Canada) for joint licensure.

Vaccine and VIG, produced as part of the licensing process, will become military stockpiles for both nations. Because these products will be licensed in both countries and labeled accordingly, they can be administered to warfighters from either nation and represent new medical interoperability in protection against biological warfare agents.

The agreement also provides for improved efficiency and

effectiveness by allowing both countries to combine their financial and human resources ultimately leading to reducing the cost of developing the same vaccines for use in both military populations.

“Canadian Forces members must be capable of operating in environments where biological agents may be present and this program will enable us to meet the specialized needs for defensive medical countermeasures,” said Leggat. “Participation in joint programs such as this one additionally enhances interoperability with our allies.”

Food: The forgotten athletic enhancer

By 1st Lt. Joe Frost
Special to the News Leader

The idea of athletes turning to dietary supplements to enhance performance is nothing new. In fact, this practice can be traced back to the ancient Greeks. Since sporting competitions are sometimes won by 1/100th of a second, it is no wonder that athletes are in search of the latest and greatest ergogenic, or work-producing, aid.

While the idea of ergogenic aids is nothing new, the safety and effectiveness of many aids is debated. Supplement companies do not have to prove a supplement’s safety, effectiveness, or potency

before placing the product on the market.

Manufacturers of supplements can easily get around unsubstantiated claims by slapping the following disclaimer on their product: “This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.” You may have missed these disclaimers, since they are often in small print and on the back of the container.

While the safety and effectiveness of supplements continues to be questioned, there is one substance capable of providing athletes with

the required nutrients for optimal performance. This mystery substance is food. In the quest for larger and faster muscles – or even just more energy – many of us have forgotten to consider what is on our plate as a contributing factor.

Protein and weightlifting

Take bodybuilding, for example. Are the protein supplements taken by many bodybuilders necessary? Scientists suggest that even Olympic bodybuilders may require 0.7-0.9 grams of protein per pound of body weight – this is up from the Recommended Daily Allowance (RDA) of 0.4 grams per pound (or 0.8 grams per kilogram) for the average adult.

It’s easier than most of us realize to meet these increased needs. In fact, they can likely be met with food in the dining facility. For a 175-pound man, this 0.7-0.9 grams per kilogram translates to 123-158 grams of protein per day. Animal meat contains 7 grams of protein per ounce, but remember, meat is not our only source of protein.

Other contributors include dairy products, breads, and even vegetables.

As you can see, even the extra protein diet does not look very much different from how most of us eat anyway. That’s because Americans tend to eat much more protein than is actually required.

Carbohydrates and weightlifting

Due to the concern over protein, it is easy to lose sight of one other important nutrient: carbohydrate. In fact, carbohydrates play a crucial role in building muscle. Eating protein alone will not result in muscle; it’s the actual resistance training that results in building muscle. Carbohydrates supply the needed energy for resistance training. Bodybuilders consuming inadequate amounts of carbohydrates may not have the required energy to get through their workout. High-protein diets don’t let you work hard enough during your training sessions to reach full muscle potential.

So how much protein do you need? Athletes looking to gain muscle need about 4 grams carbohydrate per pound of body weight.

Here’s a tip:

Protein should take up about one third of your plate. The other two thirds should be filled with carbohydrates. Try fruits, vegetables, and whole-grain pastas and breads.

In general, our quest for the magic bullet to cure our ailments has led us away from concentrating on what we put on our plate. Many of the vitamins and minerals we look for in pills also come in handy little packages called fruits and vegetables. Scientists continue to tell us that those of us who eat more fruits and vegetables have less risk of developing heart disease and cancer. Even bodybuilders can find their necessary nutrients in the form of food.

So whether the goal is to improve your health or gain more muscle, I encourage you to start with what’s on your plate.

Tips For Injury Prevention



Exercise is one of the best things that you can do for yourself and one of the most important parts of any exercise regimen is preventing injuries.

Here fitness expert Denise Austin answers questions on how to work out safely:

Q: I’d like to start a workout program, but I haven’t exercised regularly in years. Where should I start?

A: If it is a new activity, it is always a good idea to get a complete physical examination and let your doctor know what exercise or sport you plan to start. Also, make sure you select the proper equipment, including the proper footwear. Don’t forget to warm up before any activity and cool down when you are finished. It is not uncommon to experience some muscle aches and pains at first. If you do, a non-prescription pain reliever such as Advil will help alleviate muscle pain and soreness and let you get on with your day.

Q: Although I exercise several times a week, I seem to keep getting muscle injuries. How can I prevent this?

A: Don’t get discouraged. Before any exercise, always warm

up for at least 10 minutes. Heat generated by preliminary exercise will improve elasticity and joint mobility, so it is important to stretch all of your muscle groups. Start slowly and gradually build in intensity and duration of activity. This will prevent you from doing too much too soon. Make sure you allow your body to cool down after any activity-one good way is to walk slowly until your heart rate drops below 100 beats per minute and stretch.

Q: I just started my new exercise routine and have been waking up very stiff and sore. Should I continue my routine?

A: Absolutely. Exercise is such an important part of your mental and physical health-stick with it. After normal exercise activity, some stiffness and soreness is to be expected, especially if you are doing a new activity. Try a non-prescription pain reliever, such as Advil, when soreness sets in. However, if you suspect your injury may be more serious-such as a sprain-make sure to visit your doctor before exercising again. He or she will be able to determine the nature of your injury and help you evaluate your workout routine.

The most common exercise and sports-related injuries are sprains and strains, which usually result from imbalances in muscular strength and endurance, so you want to be sure you are exercising properly.

For more tips, visit Advil.com.

America’s leading fitness expert, Denise Austin on muscle injury prevention.

(Source: North American Precis Syndicate)

Health Promotion Center

May Class Schedule

Class	Date	Time
Self Care and Health	May 9	9 to 11 a.m.
Cholesterol and Lipids	May 13	9 to 11:30 a.m.
Menopause	May 13	5 to 7:00 p.m.
Stress Management	May 14	10 to 11:30 a.m.
Diabetes Education	May 14	12:45 to 4 p.m.
High Blood Pressure	May 15	9 a.m. to noon
Office Yoga	May 15	Noon to 1 p.m.
Fibromyalgia Support Group	May 15	1 to 3:30 p.m.
Back Pain	May 16	2 to 3:30 p.m.
Body Fat Testing	May 17	8 to 11 a.m.
Breast Health	May 17	11 a.m. to noon
Asthma Part 1	May 20	1 to 3 a.m.
Arthritis	May 21	9:30 to 11 a.m.
Diabetes Education	May 21	12:45 to 4 p.m.
Tobacco Cessation “Readiness to Change”	May 21	5 to 7 p.m.
Office Yoga	May 22	Noon to 1 p.m.
Fibromyalgia Self-Help Session 1	May 22	1 to 3:30 p.m.
Weight Management Session 1	May 23	8:30 to 10 a.m.
Self Care and Health	May 23	1 to 3 p.m.
Office Yoga	May 29	Noon to 1 p.m.

Note: Call the Health Promotion Center at 916-3352 or 916-5538 to register for all classes, except Diabetes Education, Weight Management, and Fibromyalgia. To register for Diabetes Education call the Internal Medicine Clinic at 916-0840 (even if you are in Tricare Prime), select option 2.

To register for Weight Management call Nutrition Care Division at 916-5525. Fibromyalgia Self-Help series requires a consult from your primary care provider to Behavioral Medicine.

Everything you didn’t know that you needed to know about Army life



What are your summer plans? Are you PCSing, graduating from a training course, or are you planning a June wedding? Get a jump-start on your adaptation to Army life by taking AFTB Level I training. If you’re graduating from a training course and about to make your first PCS move, chances are, you will not going to another installation like Fort Sam Houston. If you’re getting married, AFTB classes will prepare you or your fiancé for life as an “Army spouse”.

- May 11 from 9 a.m. to 3 p.m.
- Family and Military Expectations
 - Impact of the Mission on Family Life
 - Chain of Command/Chain of Concern
 - Military Terms, Acronyms, Customs
 - Lunch
 - Military and Civilian Community Resources
 - Benefits, Entitlements and Compensations
 - Basic Problem Solving
 - Support Your Child’s Education

This is a special Saturday training (entire Level I – certificate program) be offered for the graduating resident spouses. It will be taught in the BAMC Dining Hall Conference Room and will be open to any other military spouse on Fort Sam Houston, on a space available basis.

Right now there are several slots open for family members wishing to register for this training.
For more information contact Connie Fretwell at 221-2705.

Army Community Service
Family Advocacy Program May Class Schedule



Class Title	Dates	Class Time
Anger Mgmt Awareness	2	Noon to1 p.m.
Basics of Breastfeeding	8	10:30 a.m. to noon
Building Effective Anger Management Skills (B.E.A.M.S.) Sessions 1 & 2	21, 28	11 a.m. to12:30 p.m.
Common Sense Parenting Sessions 1 & 2	22, 29	11 a.m. to 12:30 p.m.
Duffel Bags for Babies	8 & 22	8 a.m. to noon
Family Advocacy Commander’s Training	9	8 to 9:30 a.m.
Making Your Relationship a Win-Win Partnership 1 & 2	23 & 30	6 to 8 p.m.
Nurturing Program	14, 21, 28	1 to 4 p.m.
Parenting Newborns	1	9 to 10:30 a.m.
Playgroup	7, 14, 21, 28	
Pregnancy and Childbirth	9	1 to 4 p.m.
“ “ “	23	9 a.m. to noon
Single Parent Support Group	31	12:30 to 1 p.m.
Stress Management 1 & 2	1 & 8	Noon to 1 p.m.
Teen Talk	2, 9, 16, 23, 30	5 to 6 p.m.
Women Encouraging Women	30	11 a.m. to noon

Note: Bring a brown bag lunch to classes scheduled during 11 a.m. to 1 p.m.
To sign up for classes or for more information, please call ACS Family Advocacy Program at 221-2334 or 221-2350.

Spark Up Your Savings

U.S. Savings Bonds are a sparkling investment, as traditional as the Fourth of July, and a sure way to save for financial independence. Series EE U.S. Savings Bonds pay market-based rates from the first day of issue and are backed by the full faith and credit of the United States. Sign up now to buy bonds through the payroll savings plan and spark up your savings!

Save money on your savings plan with U.S. SAVINGS BONDS

Fort Freebies

All Freebies are published on a first come, first serve basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended solely for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, contact Prime Time at 453-3300. To submit a Fort Freebie, e-mail it to: news.leader@amedd.army.mil or fax it to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request.

For Sale: Camel colored leather like three seat couch, matching loveseat, heavy wood coffee table and matching end table, \$350 obo. Cherry solid wood dining table, 6 off-white upholstered dining chairs, \$600 obo. Direct dive, Sony PS-T3 turntable for DJ use, \$65. Call 656-6466.

For Sale: Rocker/swivel chair in excellent condition, \$35, computer desk - 72" by 36", legs detach, \$35. Panasonic vacuum cleaner (auto sensing), works anywhere in the world, compact size, \$25 obo. Call 822-2727 after 4 p.m.

For Sale: Nurse uniforms, tops and pants, all sizes, \$10 a piece. Call cell phone (956) 498-6091.

For Sale: Harley Davidson, Road King Classic 2001, warranty and much more. Must sell due to medical condition, \$22,500 obo. Call 832-0466.

For Sale: Pet metal cage, 42" long by 24" wide, \$75 obo. Call 656-4687 or 221-1059.

For Sale: Broyhill loveseat, shades of brown, with three big pillow and three small pillows, three years old, \$350 obo. Call Davis 651-4841.

For Sale: Nine-foot Kayak, two-seater with paddle, used once, paid \$400, asking \$300. Call during the day 295-8712 or 497-1414 after 5 p.m.

For Sale: Black 1987 Pontiac Fiero, new 3800 Series I, motor from Boneville SSE, Must sell due to PCS to Korea, \$3,500 obo. Call 601-8105.

For Sale: Tonneau Cover for Ford F150 Shortbed stepside pickup, \$535. Call (210) 885-1452.

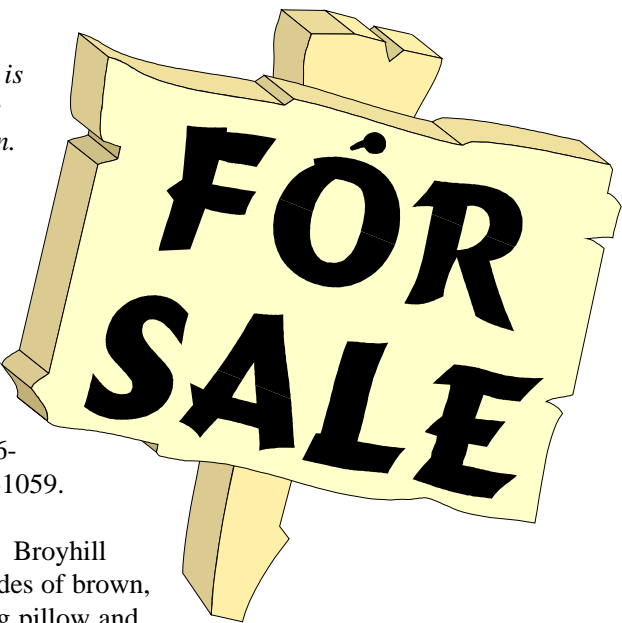
For Sale: Teac reel to reel tape deck with auto reverse., excellent condition, \$100, 45" Mitsubishi color TV with cabinet, \$300 obo. Teac ANS 180 noise reduction unit for stereo, \$25. Call Mac (210) 493-

0183.
For Sale: Two parakeets with freestanding cage and all accessories \$20. Call 231-0929.

For Sale: 1994 Chevy Blazer Tahoe 4 X 4, all power, leather interior, six cylinders, 104 K, excellent condition, \$6,300 obo. Call 865-2869.

For Sale: 1995 Winnebago Class A Motorhome Itasca Sunrise, separate bedroom, 27 feet, 34,000 miles, loaded, like new condition. \$29,000. Call Mac at (210) 493-0183.

Moving Sale: Microwave, four rugs, coffee maker, clothes for teens, winter clothing, kitchen and household items, military uniforms and much more. Call Lisbeth at 270-2118 or e-mail: pmontanez21@hotmail.com.



Career Clips

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP office, Bldg. 2264 or call 221-1213.

Route Driver. San Antonio - Deliver products to customers in a timely, efficient and customer service oriented manner. Duties include unloading the products as well as collection of customer payments and adjustments to invoices as required. Call 221-1213.

Home Care Sales Representative. South Central Texas - Market respiratory home care services, home infusion services, and durable medical equipment to medical community in the area. Call 221-1213

Intelligence Administrative Assistant. San Antonio - Perform administrative duties. Requires use of independent judgement and initiative. Must be able to obtain a Secret Security clearance. Call 221-0516.

Desktop Publisher, full time - temporary. San Antonio - Duties include heavy graphic work. Desired skills: PhotoShop, PowerPoint, Word, Excel, computer graphics, MS Project and JavaScript. Call 221-0516





Community events

"Dearly Departed" auditions, May 13 and 14

The Harlequin Dinner Theatre will hold open auditions on May 13 and 14 for "Dearly Departed," a comedy by David Bottrell and Jessie Jones. Auditions will be held from 7 to 8:30 p.m. both nights with Bruce Shirky directing. There are four roles for men and six for women, ages ranging from 20's to 70's. Other volunteers are needed as light and sound technicians, props and stage crew. Performances will be Wednesday through Saturday evening from July 3 through August 3. For information call the Harlequin dinner Theatre at (210) 222-9694

SAROA Scholarship Luncheon, May 16

The San Antonio Retired Officers' Association will host its annual Scholarship Luncheon on May 16 at the Fort Sam Houston Officers' Club. Social hour at 11 a.m. and lunch begins at noon. The guest speaker will be Paula Allen, a local Free Lance Historical Researcher. Price is \$11. For reservations, call 228-9955.

NCOA hosts Armed Forces Enlisted Spouse Appreciation Barbecue, May 17

The Non-Commissioned Officers Association will host the third NCOA Armed Forces Enlisted Military Spouse Appreciation Barbecue May 17 at the Jersey Lilly Opera House at the pearl Brewery. Admission is \$10, which includes a full barbecue plate and unlimited refreshments. For information or tickets call (210) 653-6161 ext. 261.

American Defenders of Bataan & Corregidor reunion, May 14 to 18

The American Defenders of Bataan & Corregidor will hold their 57th Annual Reunion in San Antonio at the Omni Hotel May 14 to 18. For information about the various events scheduled contact Joe Alexander at (210) 690-0837.

Book sale by the Friends of the Oakwell Branch Library, May 18

The public is invited to a quarterly book sale on May 18 from 11 a.m. to 3:30 p.m. Most books will be priced at .25 and \$1. Collector's items may be a little higher. The Oakwell Branch Library is located at 4134 Harry Wurzbach Road between Oakwell Farms and the Garner Middle School. For information call 828-2569.

Genealogy Fair, May 18

The Bexar County Czech Heritage Society will sponsor a Genealogy Fair at the San Antonio Main Library located on 600 Soledad on May 18 from 10 a.m. to 3 p.m. Volunteers will be on hand to assist with information about Czech genealogy. For information call Joan Meluch at (210) 945-0765.

Texas Military Breakfast in San Antonio, May 18

Rear Admiral John P. Cryer III, commander, Naval Space Command in Dahlgren, Va. will be the keynote speaker at the Texas Military Breakfast in San Antonio may 18 at 7:30 a.m. at the Marriott Rivercenter Ballroom located at Commerce and Bowie Streets. Tickets are \$12.50 each and may be obtained by sending a check payable to Full Gospel Business Men's Fellowship International, C/O Bob Casey, 3438 Green Springs Drive, San Antonio, Texas 78247. For information, call 496-7367 or e-mail bcasey@satx.rr.com.

Officers' Civilian Spouses' Club Luncheon, May 21

Come try your luck with Crystal and Pottery Bingo at the Officers' Civilian Spouses' Club on May 21 at the Fort Sam Houston Officers' Club. The luncheon begins at 11 a.m. We will also be installing officers for the 2002-2003 board. Make reservations with Brenda at 444-0259 or Karen at 499-1047 by May 17. This is the last luncheon of the year.

"Lend Me a Tenor" begins May 22

The Harlequin Dinner Theatre is featuring "Lend Me a Tenor," a comedy by Ken Ludwig, Wednesday through Saturday evenings from May 22 to June 22.

Prices are \$25.95 on Friday and Saturday and \$22.95 on Wednesday and Thursday. There are discount for military personnel. To make reservations call (210) 222-9694 or come to the theatre in advance. Theatre is handicapped accessible.

Next SAEDA training, June 26

In accordance with Army Regulation 380-5 Department of the Army Information Security Program and army Regulations 381-12, Subversion and Espionage Directed Against the U.S. Army (SAEDA), all Department of the Army personnel, military and civilian regardless of clearance and or access level held will receive SAED training at lease biennially. The Readiness and Logistics Business Center's counterintelligence and Security Office will be offering this training on June 26, and Sept 25. Training will last approximately one hour.

Request unit representatives provide RLBC training Division with a list of individuals requiring SAEDA training and date available for training. For information call Edward Hrna at 221-1620 or e-mail: edward_hrna@amedd.amary.mil

Volunteers needed

Calling all single soldiers to join BOSS

The Better Opportunities for Single Soldiers meetings are held on the 1st and 3rd Wednesday of every month at 2:30 p.m. at the Hacienda Recreation Center. The BOSS committee is established at an installation to furnish soldier input to the commander, who uses committee recommendations as the basis for improving single soldier MWR programs and enhancing the quality of life. For more information, please contact the current BOSS president Spc. Jeffrey Briere at 637-2229.

BAMC needs Partner in Healing volunteers

BAMC seeks volunteers to provide in-house patient transport. Nurses rely on the patient transport program to stay on the wards and focus on quality patient care. Join the kind and dedicated team of volunteers who provide this important service to the patients. Call 916-5083 to become a BAMC Partner in Healing.

Musical talented soldiers needed

The U.S. Army is looking for highly talented soldiers for the USA Express: The Army's Premier Touring Show Band, a high energy 7 to 9 person top 40 variety show/band produced by the U.S. Army Entertainment Division. The band is comprised of active duty military musicians and singers chosen for their outstanding musical ability versatility and ability to entertain. Soldiers selected must be fully deployable worldwide.

The USA Express is preparing for its next tour which will report for rehearsal at Fort Belvoir, Va. on May 20 and tour Southwest Asia beginning June 2. The tour will be for two months To schedule an audition, call Ben Paniagua at 221-7250.

In the classroom

Who Turned Up The Heat?

Lt. Col Barbara Hector, Women's Health Nurse Practitioner, will discuss important menopause issues and answer your questions during a seminar May 13 from 5 to 7 p.m. at the BAMC Health Promotion Center, 3W. To register call 916-3352.

¿Que Pasa?

Transition Service Briefing, May 14

Soldiers who's Date Initially Entered Military Service is on or after August 1, 1986, should attend a briefing on the Career Status Bonus, Reduced Retirement Plan and Thrift Savings Plan. Transition Services offers monthly briefings in Bldg. 2267 at 9 a.m. on the following dates: May 14, June 11, July 16, Aug. 13 and Sept. 17, 2002. To attend a briefing or obtain more information, call 221-2467 or 221-0936.

ESL classes taught at the Roadrunner

English as a Second Language classes are held on Fort Sam Houston at the Roadrunner Community Center and are free. They are designed especially for foreign-born spouses to increase reading comprehension, vocabulary, and pronunciation. Classes are appropriate for beginner, intermediate and advanced students with individualized group instruction. The Army Community Service Relocation Assistance Program and the Region 20 Education Center sponsor classes. To register, call 221-2418.

Otras Cosas

Military Spouse Day, May 23

In recognition of Military Spouse Day, the Army Community Services will have a one-of-a-kind Military Spouse Day Certificate and Customer Appreciation certificate from Morale, Welfare and Recreation for "One Free Entry" to Canyon Lake. Both certificates are in limited supply. Please stop by the Roadrunner Community Center, Bldg. 2797 to pick up certificates for your unit. For information call Kerry Dauphinee at 221-2705 or 221-0427.

Enjoy a \$1 dinner at the USO

The USO offers a \$1 dinner every Saturday at 6 p.m. Enjoy a great "home cooked" meal and then explore what downtown San Antonio has to offer or take advantage of free pool and foosball tables, movies, game room and family room. The USO is open to all military personnel and their families Wednesday, Thursday and Sunday from 9 to 5 p.m. and Friday and Saturday from 9 a.m. to 11:30 p.m. For more information, call the USO at 227-9373.

Fifth Annual San Antonio Poetry Fair deadline May 31

Bexar County area children and adults area invited to enter poems now for the Fifth Annual San Antonio Poetry Fair. May 31 is the deadline to enter your poem for competition in the Poetry Fair, "Voices Along the River," to be held October 26 at the Arneson River Theater.

The entry fee is \$1 for students, \$5 for college age and adults. Fee entitles you to enter one original, unpublished poem. Entry forms are available at www.hometown.aol.com/sapoetryfair. You may also mail entries to: San Antonio Poetry Fair, P.O. Box 6852, San Antonio, TX 78209-6852. For more information, contact Don Mathis at Donald.Mathis@trinity.edu or 736-1405.

Freedoms Foundation at Valley Forge Awards Program Youth Essay Contest

Entries for the 2002 Freedoms Foundation at Valley Forge Awards program Youth Essay Category are being sought. The contest is open to youth in grade kindergarten through 12th. Individual essays may not be the product of a classroom assignment or other contest. Entries must be typed, double-spaced and corrected continuing 500 to 1,000 words. Essay topic is "The Bill of Rights: What it Means to Me." Entry deadline is June 1. For information, call Lt. Col. Therese Slone-Baker at 4492-1205 or e-mail at txtanndt@earthlink.net.

Summer Bowling League

Need a new bowling ball? Bowl at Fort Sam Houston and receive a new blue and silver Messenger. Bowling league starts May 15 at 6 p.m. Season is 15 weeks, \$12 per week. For information call 221-4740 or 221-3683.